



More Than Food
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Caribbean Spicy Sausages with Roasted Veggies and Mashed Potato

This spicy dish is sure to get your taste buds talking. Caribbean food is renowned for being full of flavour and spice so get yourself prepared! The peppers and onion will caramelise so everything will be slightly sticky, which just adds to the flavour. We've also asked our butchers at Roaming Roosters to add a little chilli to the sausages to give them a bit of a kick!



35 mins



spicy



lactose free



gluten free



Green Pepper (1)



Yellow Pepper (1)



Red Onion (1)



Courgette (1)



Jerk Sauce (1 tbsp)



Indian Mango Chutney (1 tbsp)



Spicy Sausage (4)



Potato (1 pack)



Flat Leaf Parsley (3 tbsp)

Ingredients

2 PEOPLE ALLERGENS

Green Pepper, sliced	1	
Yellow Pepper, sliced	1	
Red Onion, chopped	1	
Courgette, chopped	1	
Jerk Sauce	1 tbsp	
Indian Mango Chutney	1 tbsp	
Spicy Sausage	4	Sulphites
Potato, chopped	1 pack	
Flat Leaf Parsley, chopped	3 tbsps	

 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Mango Chutney is a traditional spicy condiment of Indian origin, made of fruits and vegetables with vinegar, spices, and sugar.

Nutrition per serving: Calories: 607 kcal | Protein: 37.24 g | Carbs: 49.58 g | Fat: 38.14 g | Saturated Fat: 17.99 g

1



1 Pre-heat your oven to 200 degrees. Now get the veggies prepped! Cut the core out of the **peppers** and cut them into slices about 2cm wide. Peel and chop the **onion** into roughly 3cm pieces. Cut the **courgette** in half lengthways, then cut each half into four lengths. Next chop those lengths into batons roughly the length of your little finger.

2



2 Put the **peppers** and **onion** on a baking tray. Mix together 2 tbsps of **oil**, the **jerk sauce** and the **mango chutney** in a bowl and drizzle this over the veggies. Add ¼ tsp of **salt** and a good grind of **pepper** to the tray, give it a good shake until everything is well coated. Prick the **sausages** with a sharp knife (twice per **sausage**) and pop them on top of the veggies.

3 Pop your baking tray on the top shelf of your oven and roast for 25 mins. Halfway through cooking add the **courgettes**, give the baking tray a shake and put it back in your oven.

4



4 In the meantime, bring a large pot of water to the boil with ¼ tsp of **salt**. Peel and chop the **potatoes** into roughly 2cm pieces and add them to your boiling water. Boil for 10 mins until soft. **Tip:** *The potatoes are done when you can easily slip a knife through them.*

5 While the **potatoes** are cooking roughly chop the **parsley**.

6 Once your **potatoes** are cooked, drain them, return to the pot and add 1 tbsp of **butter**, 3 tbsps of **milk** (if you have it), ¼ tsp of **salt** and a grind of **pepper**. Mash until you have a smooth consistency. **Tip:** *If your potatoes are cooked before your sausages and veg, simply put a lid on your potato pot until everything else is ready, they will wait.*

5



7 When your **sausages** are browned and your veggies are cooked, get your baking tray out of your oven and stir the **parsley** through your veggie mixture. Serve your mash with your **sausages** and veggies piled on top and enjoy!