



# PORK SAUSAGES & PARMESAN MASH

with Caramelised Onion & Garlic Veggies



Master caramelised onion



Potato



Chives



Green Beans



Carrot



Brown Onion



Garlic



Classic Pork Sausages



Grated Parmesan Cheese

Hands-on: 25 mins  
Ready in: 45 mins

This is a classic meal but not like you know it! The pork sausages are packed with homestyle flavour and the mash is upgraded with Parmesan cheese and chives. With caramelised onion topping it off, dinner comes together with a bang!

**Pantry Staples:** Olive Oil, Balsamic Vinegar, Brown Sugar, Milk, Butter

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
• **medium saucepan** with a **lid** • **large frying pan**



## 1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Finely chop the **chives**. Trim the **green beans**. Slice the **carrot** (unpeeled) into thin batons. Thinly slice the **brown onion**. Finely chop the **garlic** (or use a garlic press).



## 2 CARAMELISE THE ONION

In a large frying pan, heat a **drizzle** of **olive oil** over a medium heat. Add the **onion** and cook, stirring often, until softened, **5-6 minutes**. Add the **balsamic vinegar**, **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl and cover to keep warm.



## 3 COOK THE SAUSAGES

Wipe out the frying pan and return to a medium heat with a **drizzle** more **olive oil**. Add the **classic pork sausages** and cook, turning occasionally, until browned and cooked through, **15 minutes**. Transfer to a plate and cover to keep warm.



## 4 MAKE THE PARMESAN MASH

While the sausages are cooking, add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. In the remaining **8 minutes** of the potato cook time, place a colander or steamer basket on top of the saucepan and add the **carrot**. Cover with a lid to steam. In the remaining **5 minutes** of cook time, add the **green beans** to the colander, cover and steam until tender. Transfer the **carrot** and **beans** to a medium bowl. Cover to keep warm. Drain the **potato** and return to the saucepan.



## 5 FINISH THE VEGGIES

Add the **milk**, **salt** and **1/2** the **butter** to the **potato** in the saucepan. Mash with a potato masher or fork until smooth. Stir through the **chives** and **grated Parmesan cheese**. Cover to keep warm. In a small microwavable bowl, place the **garlic** and **remaining butter**. Microwave in **30 second bursts** until melted. Add to the **carrot** and **beans** along with a **pinch** of **salt** and **pepper**. Toss to coat.



## 6 SERVE UP

Divide the pork sausages, Parmesan mash and garlic veggies between plates. Spoon the caramelised onion over the sausage.

# ENJOY!

# 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	6
chives	1 bunch
green beans	1 bag (400g)
carrot	2
brown onion	2
garlic	2 cloves
balsamic vinegar*	2½ tbs
water*	4 tsp
brown sugar*	1 tbs
classic pork sausages	1 packet
milk*	½ cup
salt*	½ tsp
butter*	80g
grated Parmesan cheese	2 packets (60g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3830kJ (914Cal)	520kJ (124Cal)
Protein (g)	36.1g	4.9g
Fat, total (g)	59.1g	8.0g
- saturated (g)	28.7g	3.9g
Carbohydrate (g)	54.0g	7.4g
- sugars (g)	17.0g	2.3g
Sodium (g)	1680mg	229mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
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