



# Grilled Sausages

with Champ and Onion Gravy

**RAPID** 20 Minutes • 1.5 of your 5 a day

N° 15



Baking Potato



Pork & Oregano Sausages



Diced Sweet Potato



Sliced Spring Greens



Original Onion Marmalade



Beef Stock Powder



Butter



## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools, you will need:

Saucepan, Baking Tray, Measuring Jug, Colander and Potato Masher.

### Ingredients

	2P	3P	4P
Baking Potato**	1	2	2
Pork & Oregano Sausages <b>13</b> <b>14</b> **	4	6	8
Diced Sweet Potato**	1 large pack	2 small packs	2 large packs
Sliced Spring Greens**	1 small pack	1 large pack	2 small packs
Original Onion Marmalade	2 pots	3 pots	4 pots
Water*	50ml	75ml	100ml
Beef Stock Powder	1 sachet	2 sachets	2 sachets
Butter <b>7</b> **	30g	30g	60g

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	558g	100g
Energy (kJ/kcal)	3605 / 862	646 / 154
Fat (g)	38	7
Sat. Fat (g)	18	3
Carbohydrate (g)	110	20
Sugars (g)	31	6
Protein (g)	26	5
Salt (g)	2.53	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7**) Milk **13**) Gluten **14**) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

### Contact

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Packed in the UK



## 1. Cook the Sausages

**a)** Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the **potatoes** and preheat the grill to high.

**b)** Chop the **white potato** into small 1cm chunks (no need to peel unless you want to). Put the **sausages** on a baking tray and grill until cooked, 15-18 mins. **IMPORTANT:** The sausages are cooked when no longer pink in the middle.

**c)** Turn halfway.



## 4. Make the Sauce

**a)** Meanwhile, pop the **onion marmalade** into a frying pan and add the **water** (see ingredient list for amount) and **beef stock powder**.

**b)** Stir and bring to a simmer. Simmer until slightly reduced, 3-4 mins.

**c)** Remove the pan from the heat.



## 2. Cook the Potato

**a)** Once the **water** is boiling, add both types of **potato** to the pan and simmer until tender, 10-15 mins.



## 5. Mash!

**a)** When the **potatoes** and **greens** are cooked, drain them in a colander. Pop them back in their pan and season with of **salt** and **pepper**.

**b)** Add the **butter** and mash - champ done!

**c)** Taste and add more **salt** and **pepper** if you feel it needs it.



## 3. Cook the Greens

**a)** When the **potatoes** have been cooking for 5-10 mins, add the **spring greens** to the pan and simmer until soft, 3-5 mins.

**b)** The **potatoes** are cooked when you can easily slip a knife through them.



## 6. Finish

**a)** Serve the **champ** with the **sausages** and the **sauce** spooned over.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.