



# Honey Mustard Sausages

with Sticky Red Onion Gravy and Sweet Potato Mash

Classic 35 Minutes • 2 of your 5 a day

5



Honey Mustard Sausages



Sweet Potato



Baking Potato



Red Onion



Balsamic Vinegar



Red Wine Stock Paste



Tenderstem® Broccoli

## Before you start

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

## Cooking tools, you will need:

Saucepan, Baking Tray, Frying Pan, Wooden Spoon, Colander, Bowl, Measuring Jug, Potato Masher.

## Ingredients

	2P	3P	4P
Honey Mustard Sausages <b>9) 14)**</b>	4	6	8
Sweet Potato**	2	3	4
Baking Potato**	1	1	2
Red Onion**	1	1½	2
Balsamic Vinegar <b>14)</b>	1 sachet	1½ sachets	2 sachets
Water for Gravy*	200ml	300ml	400ml
Red Wine Stock Paste <b>14)</b>	1 sachet	1½ sachets	2 sachets
Tenderstem® Broccoli**	150g	200g	300g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	673g	100g
Energy (kJ/kcal)	3159 /755	470 /112
Fat (g)	21	3
Sat. Fat (g)	8	1
Carbohydrate (g)	113	17
Sugars (g)	32	5
Protein (g)	28	4
Salt (g)	3.87	0.58

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

9) Mustard 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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HelloFresh UK

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You can recycle me!



## Sausage Time

Preheat your oven to 200°C and put a large saucepan of **water** with a ½ tsp of **salt** on to boil for the **potatoes**. Put the **sausages** on a lightly oiled baking tray. Roast on the top shelf of your oven for 20-25 mins. Turn halfway through cooking. **IMPORTANT:** *The sausages are cooked when they are no longer pink in the middle. Remember to wash your hands and equipment after handling raw meat.*



## Prep the Veggies

Meanwhile, peel and chop the **sweet potato** and **white potato** into 2cm chunks. Add to the boiling **water** and simmer until tender, 15-20 mins. **TIP:** *The potatoes are ready when you can easily slip a knife through them.* Meanwhile, halve, peel and thinly slice the **red onion**. Heat a splash of **oil** in a frying pan on medium heat. Add the **onion** and cook until soft, 8-10 mins, stirring often. Add the **balsamic vinegar** and cook for 2 mins.



## Mash your Spuds

Once the **potatoes** are cooked, drain them in a colander set over a bowl or jug to retain the **potato water** (see ingredients for amount) for the **gravy**. Return the **potato** to the original saucepan, add a knob of **butter** (if you have some) and **mash** until smooth. Season to taste with **salt** and **pepper**, then cover with a lid to keep warm.



## Make the Gravy

Add the reserved **potato water** to the pan with the **onion** along with the **red wine stock paste**. **TIP:** *If you have any red wine, add a splash at this point for extra flavour.* Bring to the boil, then lower the heat and simmer until your **gravy** has reduced and thickened, 5-6 mins. Simply add a splash more **water** if it gets too thick. If you are feeling decadent, add a knob of **butter** (if you have some).



## Cook the Broccoli

Meanwhile, when your **sausages** have about 15 mins left in the oven, add the **Tenderstem® broccoli** to another baking tray. Drizzle on a little **oil** and season with **salt** and **pepper**. Roast for the remaining time, 12-15 mins. **TIP:** *The broccoli should be tender and slightly crispy.*



## Serve

Serve the **honey mustard sausages** on top of a large helping of **mash**, with some **red onion gravy** spooned over and the **broccoli** alongside.

## 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.