



Linda McCartney Sausages and Onion Gravy

with Sweet Potato Mash and Roasted Tenderstem

Classic 30 Minutes • 2 of your 5 a day • Veggie

19



Sweet Potato



Baking Potato



Red Onion



Linda McCartney Sausages



Tenderstem Broccoli®



Balsamic Vinegar



Red Wine Stock Pot

Before you start

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

Cooking tools, you will need:

Saucepan, Chopping Board, Sharp Knife, Vegetable Peeler, Two Baking Trays, Frying Pan and Colander.

Ingredients

	2P	3P	4P
Sweet Potato**	1	2	2
Baking Potato**	1 potato	1 pack	2 potatoes
Red Onion**	1	1	2
Linda McCartney Sausages 11) 13) 14)**	6	9	12
Tenderstem Broccoli ***	1 small pack	1 large pack	2 large packs
Balsamic Vinegar 14)	1 sachet	1 sachet	2 sachets
Reserved Potato water for the Gravy*	200ml	300ml	400ml
Red Wine Stock 14)	1 sachet	1 sachet	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	570g	100g
Energy (kJ/kcal)	2326/556	408/98
Fat (g)	9	2
Sat. Fat (g)	2	1
Carbohydrate (g)	79	14
Sugars (g)	22	4
Protein (g)	36	6
Salt (g)	3.75	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya **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

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Get Prepped

Preheat your oven to 180°C and put a large saucepan of **water** with a 0.5 tsp of **salt** on to boil for the potatoes. Peel and chop the **sweet potato** and **white potato** into 2cm chunks. Halve, peel and thinly slice the **red onion**. Add the **potatoes** 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.



Mash the Potatoes

Once the **potatoes** are cooked, drain them in a colander set over a bowl or jug to reserve some of the **water** (see ingredients for amount) so you can use it for the gravy. Return the **cooked potatoes** to the original saucepan, add a knob of **butter** (or **plant-based butter** if you'd prefer) and mash until smooth. Season to taste with **salt** and **pepper**, then cover with a lid to keep warm.



Cook the Veggie Sausages

Meanwhile, remove and discard the plastic film from the **sausages**. Drizzle the **sausages** with **oil** in their aluminium tray, turning to coat. Roast on the top shelf of your oven until browned and piping hot, 16-20 mins. Turn halfway through cooking. **IMPORTANT:** The sausages are cooked when piping hot. While the sausages cook, heat a splash of **oil** in a frying pan on medium heat. Add the **onion** and cook until soft, 8-10 mins, stirring often.



Make the Gravy

Once the **onion** is soft, add the **balsamic vinegar**, stir together and cook for 2 mins. Add the **reserved potato water** (see ingredients for amount) to the pan with the **onion** along with the **red wine stock sachet**. 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.



Roast the Broccoli

When your **sausages** have been in for about 5 mins, add the **Tenderstem broccoli** to another baking tray. Drizzle on a little **oil** and season with **salt** and **pepper**. Roast on the middle shelf for the remaining time, 10-15 mins. **TIP:** The broccoli should be tender and slightly crispy.



Serve

Serve the **veggie sausages** on top of a large helping of **mash**, with some **red onion** **gravy** spooned over and the **Tenderstem 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.