



More Than Food
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Sausage and Mustard Casserole with Roasted Butternut Wedges

Roasted butternut is a delicious and nutritious alternative to potato. We like to roast the butternut with the skin on as it saves time and the skin is full of nutrients and fibre. We hope you enjoy this creamy sausage casserole with its new easy cook accomplice!

40 mins

2 of your 5 a day

mild

family box

mealkit



Butternut Squash (600g)



Brown Basmati Rice (300g)



Toulouse Sausage (8)



Onion (1)



Garlic Clove (1)



Courgette (1)



Tarragon (1 bunch)



Pancetta (2 packs)



Chicken Stock Pot (1)



Water (250ml)



Baby Spinach (1 bag)




Wholegrain Mustard (1 tbsp)



Crème Fraîche (1 pot)

4 PEOPLE INGREDIENTS

- Butternut Squash, chopped **600g**
- Brown Basmati Rice **300g**
- Toulouse Sausage **8**
- Onion, sliced **1**
- Garlic Clove, chopped **1**
- Courgette, chopped **1**
- Tarragon, chopped **1 bunch**
- Pancetta **2 packs**
- Chicken Stock Pot **1**
- Water **250ml**
- Baby Spinach **1 bag**
- Wholegrain Mustard **1 tbsp**
- Crème Fraîche **1 pot**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Sausages are even older than ancient Greece or Rome- the Sumerians (modern day Iraq) made sausages 5,000 years ago.

Allergens: Milk, Mustard, Sulphites.

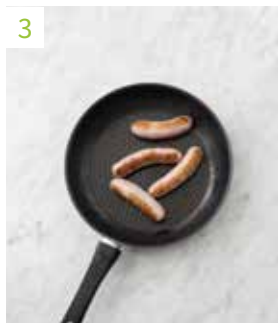
Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	850 kcal / 3552 kJ	48 g	21 g	69 g	11 g	35 g	2 g
Per 100g	142 kcal / 591 kJ	8 g	4 g	11 g	2 g	6 g	0 g

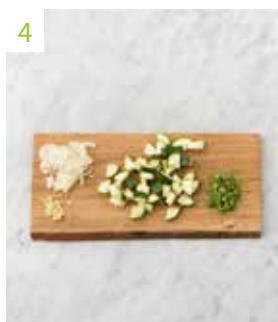
Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract



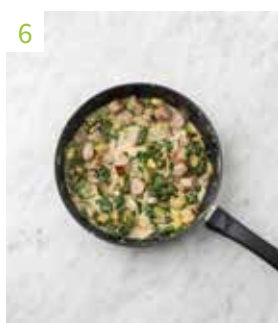
1 Put a pot of water on high heat (this will be for the rice). Preheat your oven to 200 degrees. Line a baking tray with parchment paper. Slice the **butternut squash** in half lengthways and scoop out the seeds. Cut the slimmer top part off and separate from the bulbous bottom (no need to peel!). Chop each piece into six wedges.



2 Pop the **wedges** onto the baking tray. Season with **salt** and drizzle on a glug of **oil**. Toss and then roast on the top shelf of your oven for 30 mins. Turn halfway. When the pot of water comes to the boil add the **basmati rice** with a pinch of **salt** and cook for 25 mins uncovered.



3 Heat a casserole pan over medium heat and add a splash of **oil**. Add the **Toulouse sausages** and cook for 12-15 mins turning frequently until they are browned all over and cooked through. **Tip:** The sausage is cooked when it is no longer pink in the middle.



4 Cut the **onion** in half through the root. Peel and then slice into thin half moon shapes. Peel and grate the **garlic**. Remove the top and bottom of the **courgette**. Cut it lengthways into four long strips and then chop each strip into 1cm chunks. Pull the **tarragon leaves** off their stalks. Discard the stalks and roughly chop the leaves.

5 When your **sausages** are cooked remove them from the pan and keep to one side. Drain off any excess oil and return it to medium heat. Add the **pancetta** and **onion** to the pan for 5 mins until your **pancetta** has browned and your **onion** has softened. Then add your **courgette** and cook for another 2 mins.

6 Next, add your **garlic**, cook for 1 minute more and then add the **chicken stock pot**. Add the **water** (amount specified in the ingredient list) to the pan and bring to the boil. Stir and then reduce the heat to low and simmer for 7-10 mins.

7 Slice your **sausages** into bite-sized pieces and return them to the pan along with the **baby spinach**. Stir in half the **wholegrain mustard** and the **crème fraîche**. Cook until your sauce is bubbling, and your **courgette** is soft. Taste your **sauce** and add more **mustard** if necessary and stir in your **tarragon leaves**.

8 Drain your **rice** into a colander. Season with **salt** and **black pepper** to taste. Spoon a helping of **rice** and your **sausage casserole** onto a each plate. Pop your **butternut wedges** on top and tuck in!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!