



SAUSAGE PIE

with Cheesy Mash and Roasted Broccoli



HELLO BROCCOLI

This vegetable is actually a flower head. Each of those tiny little green dots is a bud!



Potato



Carrot



Broccoli



Flat Leaf Parsley



Red Chilli



Balsamic Vinegar



Olive Oil



Pork Sausage



Finely Chopped Tomatoes with Garlic & Onion



Beef Stock Pot



Water



Netherland Salted Butter



Hard Italian Cheese



Tenderstem® Broccoli

MEAL BAG

Hands-on: **10** mins
Total: **45** mins

Family Box

3.5 of your
5 a day

Medium Heat

In this recipe, we've taken a classic family favourite, sausages and mash, to the next level by transforming it into a deliciously cheesy pie. Served alongside roasted broccoli for the kids, and tenderstem® broccoli with a balsamic parsley salsa for the grown-ups, we've covered all bases when it comes to getting fussy eaters on your side! Fast family food at its finest!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Peeler, Frying Pan, Measuring Jug, Colander, Potato Masher, Ovenproof Dish** and **Baking Tray**. Now, let's get cooking!



1 PREP TIME!

Preheat your oven to 200°C and put a large saucepan of **water** with a pinch of **salt** on to boil for the potato. Peel the **potato** and chop into 2cm chunks. Peel the **carrot** and remove the top and bottom, then halve lengthways and slice into thin half moons. Chop the large head of **broccoli** into florets (little trees). Finely chop the **parsley** (stalks and all). Halve the **red chilli** lengthways, deseed and finely chop.



2 COOK THE POTATO

Pop the **parsley** and the **chilli** in a small bowl with the **balsamic vinegar** and **olive oil** (amount specified in the ingredient list) and mix together. This is your **salsa**! Slice open the **sausage**, remove the **meat** and discard the skin. Add the **potato** to your pan of boiling water and simmer until cooked, 15-20 mins.

★ **TIP:** *The potato is cooked when you can easily slip a knife through.*



3 FRY THE SAUSAGE

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **sausage meat**. Use a wooden spoon to break it up as it cooks and fry until brown, 5-6 mins. Add the **carrot** to the pan, stir and cook until softened, 5 mins. Add the **chopped tomatoes** and stir in the **beef stock pot** (make sure it's dissolved). Pour in the **water** (amount specified in the ingredient list).



4 SIMMER!

Stir the **sausage mixture** well, bring to the boil, then turn the heat to medium. Simmer until the **carrot** is cooked and the **mixture** is thick and tomatoey, 15-20 mins. When the **potato** is cooked, drain in a colander, then return it to the pan. Add the **butter** and some **black pepper**. Mash together. Taste and add more **salt** and **pepper** if you feel it needs it.



5 BAKE THE PIE

When the **sausage mixture** is cooked, taste and add **salt** and **black pepper** if necessary. Pour it into an ovenproof dish and spread evenly across the base. Add spoonfuls of **mashed potato** on top and spread to cover the **sausage mixture**. Sprinkle over the **hard Italian cheese**. Pop the dish on the top shelf of your oven to cook until the **cheese** is browned, 15-20 mins.



6 FINISH AND SERVE

Meanwhile, spread the **tenderstem® broccoli** on one side of a baking tray and the **broccoli florets** on the other side. Drizzle with a splash of **oil** and add a pinch of **salt** and **pepper**. Roast on the middle shelf of your oven until crispy, 12-15 mins. Spoon the **sausage pie** into bowls. Serve the kids the **broccoli florets**. Drizzle the **balsamic parsley salsa** over the **tenderstem® broccoli** for the adults and serve the adults too. **Enjoy!**

4 PEOPLE INGREDIENTS

Potato, chopped	2 packs
Carrot, sliced	2
Broccoli, florets	1
Flat Leaf Parsley, chopped	1 bunch
Red Chilli, chopped	¼
Balsamic Vinegar ¹⁴⁾	1 tbsp
Olive Oil*	1 tbsp
Pork Sausage ¹⁴⁾	500g
Finely Chopped Tomatoes with Garlic & Onion	1 carton
Beef Stock Pot	1
Water*	100ml
Netherend Salted Butter ⁷⁾	60g
Hard Italian Cheese ⁷⁾	40g
Tenderstem® Broccoli	1 pack

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	805	118
(kJ)	3373	494
Fat (g)	45	7
Sat. Fat (g)	20	3
Carbohydrate (g)	67	10
Sugars (g)	17	3
Protein (g)	33	5
Salt (g)	4.07	0.60

ALLERGENS

⁷⁾ Milk ¹⁴⁾ Sulphites

Balsamic Vinegar : Wine Vinegar (Contains **Sulphites**), Concentrated Grape Must, Colour E150D.

Beef Stock Pot: Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black Pepper.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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