



SIZZLING HONEY GARLIC SAUSAGES

with Sweet Potato Mash, Roasted Broccoli and Gravy

PRONTO



HELLO

SWEET POTATO MASH

Maple syrup adds just the right amount of sweet to this potato



Honey Garlic Sausage, cased



Broccoli, florets



Sweet Potato, cubes



Red Onion, sliced



All-Purpose Flour



Chicken Broth Concentrate



Maple Syrup

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 834

BUST OUT

- Large Non-Stick Pan
- Measuring Cups
- Medium Pot
- Potato Masher
- Baking Sheet
- Strainer
- Measuring Spoons
- Butter **2** (2 tbsp | 4 tbsp)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Honey Garlic Sausage, cased 250 g | 500 g
- Broccoli, florets 227 g | 454 g
- Sweet Potato, cubes 340 g | 680 g
- Red Onion, sliced 56 g | 113 g
- All-Purpose Flour **1** 1 tbsp | 2 tbsp
- Chicken Broth Concentrate 1 | 2
- Maple Syrup 1 tbsp | 2 tbsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

Preheat the oven to **450°F** (to roast the broccoli). Start prepping when the oven comes up to temperature!



1 BOIL SWEET POTATOES
Wash and dry all produce.* In a medium pot, combine the **sweet potatoes** with enough **salted water** to cover. Bring to a boil over high heat, until the potatoes are fork-tender, 12-15 min.



4 MAKE GRAVY
In the same pan, add a drizzle of **oil**, then the **onions**. Cook until softened, 4-5 min. Reduce the heat to low. Add **1 tbsp butter** (double for 4 ppl), and sprinkle **flour** over the onions. Stir until the butter melts. Stir in **1 cup water** (double for 4 ppl) and **broth concentrate(s)**. Cook, stirring often, until the gravy is thickened, 2-3 min.



2 ROAST BROCCOLI
Meanwhile, on a baking sheet, toss the **broccoli** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 10-12 min.



5 MASH POTATOES
Drain the **sweet potatoes**, then return to the same pot. Add **1 tbsp butter** (double for 4 ppl) and **1 tbsp maple syrup** (double for 4 ppl) to the potatoes. Mash together with a fork or potato masher until smooth. Season with **salt** and **pepper**.



3 COOK SAUSAGES
Meanwhile, heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **sausages**. Cook until golden-brown, 2-3 min per side. Carefully add **½ cup water** (double for 4 ppl) and bring to a gentle boil. Cover and cook until cooked through, 6-7 min. (**TIP:** Cook to a min. internal temp. of 160°F.***) Transfer to a plate and cover to keep warm.



6 FINISH AND SERVE
Return the **sausages** and **juices** to the **gravy** and stir until heated through, 1-2 min. Divide the sausages, **sweet potato mash** and **broccoli** between plates. Drizzle the gravy over the sausages.

DELICIOUS!

Return the sausages and juices to the gravy and you're guaranteed to maximize the flavour!