






More Than Food
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Sausages with Parmesan Swede Wedges, Tenderstem & Red Onion Relish

Sausage and mash is an absolute classic. But you know how we treat classics at HelloFresh, right? We like to give them a bit of a twist and sprinkle some healthy magic dust on top. So, here's our sausage with parmesan swede wedges. What a treat! And don't forget your red onion relish. It's more bangin' than bangers and mash, trust us!

 45 mins

 healthy

 gluten free



Swede



Parmesan



Rosemary



Pork and Oregano Sausage



Red Onion



Garlic Clove




Tenderstem Broccoli



Balsamic Vinegar

Ingredients

	2P	4P
Swede, chopped	1	2
Parmesan 1	2 tbsp	4 tbsp
Rosemary, chopped	3 tbsp	5 tbsp
Pork and Oregano Sausage 2	4	8
Red Onion, sliced	1	2
Garlic Clove, chopped	1	2
Tenderstem Broccoli, halved	1 pack	2 packs
Balsamic Vinegar 2	1 tbsp	2 tbsp

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk | **2)** Sulphites

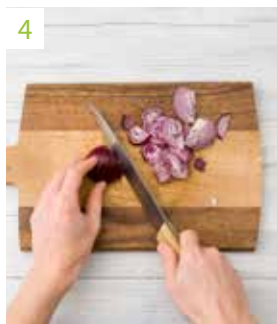
Nutrition per serving: Calories: 558 kcal | Protein: 33 g | Carbs: 10 g | Fat: 43 g | Saturated Fat: 16 g

2



1 Pre-heat your oven to 220 degrees. Peel and chop your swede in half, then chop into chip shaped pieces roughly the length of your index finger and 1cm wide. Grate your parmesan, pull your rosemary leaves off their stalks and roughly chop them.

4



2 Add your swede chips to a baking tray, drizzle over 2 tbsp of oil and sprinkle over ¼ tsp of salt, a good grind of pepper and half your rosemary. Give the tray a good shake and then put in the oven on the top shelf to cook for 15 mins. When 15 mins is up, take your swede tray out of the oven, turn the swede chips over, add your parmesan to the baking tray and give it all a good shake. Pop back into the oven on the top shelf to cook for another 20 mins.

5



3 Meanwhile, you can tackle your sausages...pop your sausages onto another baking tray, prick them each a couple of times with a sharp knife or fork and put them in the oven on the second shelf to cook for 30 mins, turning halfway through.

6



4 In the meantime, you can prepare your veggies and make your red onion relish. Chop your onion in half through the root, peel

and slice thinly into half moon shapes. Peel and finely chop your garlic and cut your tenderstem broccoli in half widthways.

5 Heat 2 tbsp of olive oil on low heat in a non-stick saucepan. Add in the red onion slices with ½ tsp of sugar (if you have some) and a pinch of salt and pepper. Cook slowly for 10 mins, stirring occasionally and then add your balsamic vinegar and continue cooking slowly for another 10-15 mins. When the onions are looking lovely and caramelised, put a lid on the pan and leave to the side until everything else is ready.

6 Bring a pot of water to the boil with ¼ tsp of salt and once boiling, add your broccoli, boil for 3 mins before draining and submerging in cold water. About 5 mins before everything is ready, add 1 tbsp of oil to a frying pan on medium heat and add your broccoli and the rest of your chopped rosemary. Cook for 2 mins before adding the garlic and stir-frying for a further minute.

7 Serve your sausages with your swede chips, stir-fried broccoli and your red onion relish on the side. Enjoy!

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