



More Than Food
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Sausages with Broccoli and Potato Gratin and Glazed Carrots

Potato dauphinoise is possibly the most luxurious and delicious invention on the planet (according to our chef Mimi). But this gratin is the slightly healthier version. Potatoes and broccoli combined with pancetta and cream, go hand in hand with some delicious sausages from our friends at Roaming Roosters, and with a side of honey glazed carrots, you can't go wrong!



50 mins



family box



Potato (1 pack)



Broccoli (1)



Thyme (8 sprigs)



Carrot (4)



Red Onion (2)



Cheddar Cheese
(8 tbsp)



Pancetta (1 pack)



Double Cream
(2 pots)



Dijon Mustard
(1 tbsp)



Panko Breadcrumbs
(3 tbsp)



Sausage (8)



Honey (1 tbsp)



Balsamic Vinegar
(1 tbsp)


Ingredients

4 PEOPLE

ALLERGENS

Potato, chopped	1 pack	
Broccoli, florets	1	
Thyme	8 sprigs	
Carrot, chopped	4	
Red Onion, sliced	2	
Cheddar Cheese	8 tbsp	Milk
Pancetta	1 pack	Sulphites
Double Cream	2 pots	Milk
Dijon Mustard	1 tbsp	Mustard
Panko Breadcrumbs	3 tbsp	Gluten
Sausage	8	Sulphites
Honey	1 tbsp	
Balsamic Vinegar	1 tbsp	Sulphites

Nutrition per serving: Calories: 925 kcal | Protein: 37 g | Carbs: 48 g | Fat: 67 g | Saturated Fat: 28 g

 Our fruit and veggies come fresh from the farm so give them a little wash before using

LH Step for little hands

Did you know...

Mel Blanc, the voice of cartoon character Bugs Bunny, reportedly did not like carrots. The definition of ironic.

2



1 Bring a large pot of water to the boil with $\frac{1}{2}$ tsp of salt and pre-heat your oven to 210 degrees.

2 Peel and chop your potatoes into roughly 2cm pieces and separate your broccoli into florets.

4



3 Add your chopped potato to your pot of boiling water and cook for 5 mins before adding your broccoli and cooking for a further 5 mins. Drain and leave in your colander for 2 mins.

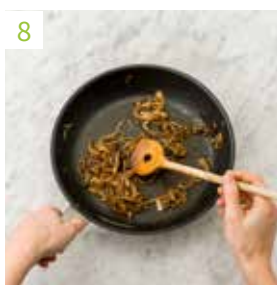
4 LH: *In the meantime, pull your thyme leaves off their stalks with your finger and thumb. Peel and chop your carrots in half lengthways, then chop into batons about 1cm wide and the length of your index finger. Peel and cut your onions in half through the root and slice thinly into half moon shapes. Grate your cheese.*

6



5 Add 1 tbsp of oil to a frying pan on medium heat and add your pancetta. Cook for 4 mins or until crispy, then take the pan off the heat.

8



6 LH: *Pour your cream into a jug, add half your grated cheese and half your thyme leaves along with 1 tbsp of mustard (or more if you like things very mustardy), $\frac{1}{2}$ tsp of salt and a really good grind of pepper. Pop your drained broccoli and potatoes into an ovenproof dish. Take the pancetta out of the pan and add this to the dish as well (leave the oil from the*

pancetta in the frying pan if you can). Pour over your cream mixture and top the whole thing with your remaining cheese, your breadcrumbs and another pinch of salt and pepper. Put your dish in the oven on the top shelf to cook for 25-30 mins or until bubbly and brown on top.

7 In the meantime, pop your sausages on a baking tray and put them in the oven to cook for 25 mins as well. Add your carrots to a separate baking tray, drizzle over 2 tbsp of oil, your honey, remaining thyme leaves, $\frac{1}{4}$ tsp of salt and a good grind of pepper. Give the tray a good shake and put in the oven to cook for 20-25 mins. **Tip:** *If your oven only has two shelves, just put your carrot baking tray at the very bottom of the oven to cook.*

8 Add 1 tbsp of oil to the frying pan you had your pancetta in (no need to wash!). Put on medium heat and add your onion along with $\frac{1}{4}$ tsp of salt, a good grind of pepper and $\frac{1}{2}$ tsp of sugar (if you have it). Cook for 10 mins, stirring occasionally until the onions have softened. Add your balsamic vinegar to the pan and cook for a further 10 mins on a very low heat. When the onions are soft and caramelised, put a lid on the pan and leave to the side until everything else is ready.

9 When the gratin is brown and bubbling, the carrots are roasted and the sausages are cooked, get them all out of the oven and serve on plates, with a spoonful of your caramelised onion on the side.

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