



More Than Food
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Honey Mustard Sausages, Sweet Potato Mash & Red Onion Gravy

Our butcher Nick 'The Knife' (less scary than he sounds), is a bit of a master when it comes to sausage making. We went up to his farm in Lancashire recently and came away with a whole box of sausages to road test back at the kitchen. What's your favourite sausage flavour? Tell us on Facebook and we'll put the best flavour on our menu!



30 mins



healthy



lactose
free



gluten
free



Honey Mustard
Sausage (4)



Pointed Cabbage (½)



Garlic Clove (1)



Thyme (4 sprigs)



Bay Leaf (1)



Sweet Potato (1)



Potato (½)



Red Onion (1)



Beef Stock Pot (1)

Ingredients

| | 2 PEOPLE | ALLERGENS |
|-------------------------|----------|--------------------|
| Honey Mustard Sausage | 4 | Sulphites, Mustard |
| Pointed Cabbage, sliced | ½ | |
| Garlic Clove, chopped | 1 | |
| Thyme | 4 sprigs | |
| Bay Leaf | 1 | |
| Sweet Potato, chopped | 1 | |
| Potato, chopped | ½ | |
| Red Onion, sliced | 1 | |
| Beef Stock Pot | 1 | |

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

Did you know...

Not only are sweet potatoes more delicious than normal spuds, but they are also better for you due to their low glycaemic index. **#winning**

Nutrition per serving: Calories: 541 kcal | Protein: 26 g | Carbs: 69 g | Fat: 19 g | Saturated Fat: 6 g

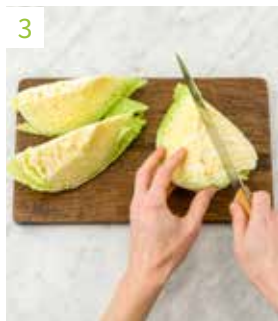
2



1 Pre-heat your oven to 200 degrees. Boil a large pot of water for the **potatoes**.

2 Once the oven is hot, put the **sausages** on a baking tray on the top shelf. Cook for 25 mins.

3



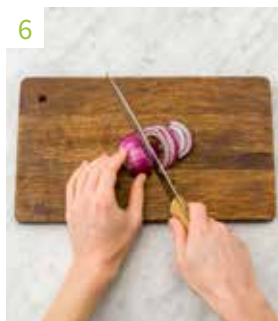
3 Cut your **cabbage** in half through the root, remove the root and slice your half cabbage into four wedges. Peel and finely chop your **garlic**.

4



4 Add ½ tbsp of **oil** to a frying pan on medium heat, add the **garlic** and cook for 1 minute then add your **cabbage** wedges. Fry for 3-4 mins on each side until lightly browned. Transfer to an ovenproof dish, add 100ml of **water**, 3 sprigs of **thyme**, your **bay leaf** and half your **stock pot**. Cook in the oven for 12-15 mins.

6



5 Meanwhile, peel and chop the **sweet potato** and half the **potato** into roughly 3cm cubes. Add ¼ tsp of **salt** to the boiling water along with the **potatoes**. Boil for around 10 mins or until soft enough to eat. **Tip:** *The potatoes are ready when you can easily slip a knife through them.*

6 Peel and slice the **onion** in half lengthways through the root. Slice the **onion** into thin half moons and heat ½ tbsp of **olive oil** in a frying pan on medium heat. Once hot, add the **onion**, pull the leaves off your remaining **thyme** sprig (discard the stalk) and add it to the pan with a pinch of **salt** and **pepper**. Cook for 10 mins until soft and browned off.

7 Once the **sweet potato** and **potato** are cooked, drain them (but keep the water for your gravy), pop them back in the pot, add 1 tbsp of **butter** (if you have some) and mash. Taste and check for seasoning. **Tip:** *If you don't have a masher, use a fork.*

8 Pour 75ml of the reserved potato **water** into the fried **onion** together with the remaining **stock pot**. Scrape the bottom of the pan and keep stirring until the gravy reduces a little. If you are feeling decadent, add ½ tsp of **butter** from your fridge (if you have some). **Tip:** *If you have any red wine, add 2 tbsp at this point for extra flavour.*

9 Serve the mash and **sausages** with the **cabbage** and a spoonful of **onion** gravy.