



Sausage, Apple and Root Veg Traybake with Mashed Potatoes and Red Wine Jus

Classic 35-40 Minutes • 2 of your 5 a day

9



Red Onion



Carrot



Apple



Potatoes



Cumberland Sausages



Red Wine Jus Paste



Cumberland Sausages

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, ovenproof dish, colander and potato masher.

Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	2	2
Carrot**	2	3	4
Apple**	1	2	2
Potatoes	450g	700g	900g
Cumberland Sausages** (14)	4	6	8
Red Wine Jus Paste (10) (14)	22g	37g	44g
Cumberland Sausages** (14)	4	6	8

Pantry	2P	3P	4P
Water for the Jus*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	584g	100g	708g	100g
Energy (kJ/kcal)	2644 /632	453 /108	4128 /987	583 /139
Fat (g)	30.0	5.1	58.5	8.3
Sat. Fat (g)	10.0	1.7	19.7	2.8
Carbohydrate (g)	71.7	12.3	80.4	11.4
Sugars (g)	20.0	3.4	12.2	3.0
Protein (g)	24.6	4.2	40.7	5.8
Salt (g)	4.85	0.83	6.62	0.94

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

10) Celery 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.
Meanwhile, halve and peel the **red onion**, then cut each half into 3 wedges. Trim the **carrot**, then halve lengthways (no need to peel). Cut into roughly 1cm wide, 5cm long batons.

Quarter and core the **apple** (no need to peel). Cut each quarter in half lengthways to make wedges.

Chop the **potatoes** into 2cm chunks (peel first if you prefer).



Bring on the Red Wine Jus

Meanwhile, when the **water** is boiling, add the **potatoes** to the pan and cook until you can easily slip a knife through, 15-20 mins.

While the **potatoes** cook, pour the **water for the jus** (see pantry for amount) into another small saucepan. Bring to the boil on high heat.

Stir in the **red wine jus paste**, then reduce the heat to medium-high. Allow the **sauce** to bubble and thicken, stirring regularly, 7-8 mins.

Once thickened, remove from the heat.



Assemble the Veg

Bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **potatoes**.

Meanwhile, pop the **onion**, **carrot** and **apple** into a large ovenproof baking dish. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.



Get Mashing

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.

Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



Time to Roast

Place the **sausages** on top of the **veg**, then roast on the middle shelf of your oven until the **veg** is tender and the **sausages** are cooked through, 30-35 mins. **IMPORTANT:** Wash your hands and equipment after handling raw sausages. They're cooked when no longer pink in the middle.

CUSTOM RECIPE

If you've chosen to double up on **sausages**, cook the recipe in the same way but use separate trays for the **sausages** and **veg**. Cook the **sausages** on the top shelf and **veg** on the middle.



Serve

Just before everything's ready, reheat the **red wine jus** if needed.

Share the **sausage, apple and root veg traybake** out between your plates.

Serve the **mash** on the side and pour over the **red wine jus** to finish.

Enjoy!