

# Sausages in Caramelised Red Onion Gravy

with Garlic Mash and Roasted Carrots

**Bestseller** 35-40 Minutes • 1 of your 5 a day



Carrot



British Honey Mustard Sausages



Garlic Clove



Potatoes



Red Onion



Balsamic Vinegar



Red Wine Stock Paste

**Pantry Items**

Oil, Salt, Pepper, Sugar, Butter, Plain Flour



## Before you start

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

## Cooking tools

Baking tray, saucepan, aluminium foil, colander, lid, frying pan, kitchen scissors and potato masher.

## Ingredients

Ingredients	2P	3P	4P
Carrot**	3	4	6
British Honey Mustard Sausages** 9) 14)	4	6	8
Garlic Clove**	2	3	4
Potatoes	450g	700g	900g
Red Onion	1	2	2
Balsamic Vinegar 14)	12ml	18ml	24ml
Red Wine Stock Paste 14)	28g	42g	56g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar*	½ tsp	¾ tsp	1 tsp
Butter*	15g	20g	30g
Plain Flour*	1 tbsps	1½ tbsps	2 tbsps
Water for the Gravy*	200ml	300ml	400ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>720g</b>	<b>100g</b>
Energy (kJ/kcal)	2945 /704	409 /98
Fat (g)	26.9	3.7
Sat. Fat (g)	11.3	1.6
Carbohydrate (g)	88.6	12.3
Sugars (g)	22.5	3.1
Protein (g)	24.4	3.4
Salt (g)	4.09	0.57

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

## Allergens

9) Mustard 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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

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## Sausage and Veg Time

Preheat your oven to 220°C/200°C fan/gas mark 7.

Trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Pop onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer on one side of the tray.

Pop the **sausages** onto the other side of the tray. **TIP:** Use two baking trays if necessary. **IMPORTANT:** Wash your hands and equipment after handling raw meat.



## Ready to Roast

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

When the oven is hot, roast the **carrots** and **sausages** on the top shelf until the **carrots** are tender and the **sausages** are golden brown and cooked through, 20-25 mins. Turn halfway through. **IMPORTANT:** The *sausages are cooked when no longer pink in the middle.*

Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Add the **garlic parcel** to the same tray to roast until soft, 10-12 mins, then remove and set aside.



## Cook the Potatoes

Meanwhile, chop the **potatoes** into 2cm chunks (peel first if you prefer). When your pan of **water** is boiling, add the **potatoes** and cook until you can slip a knife through, 15-20 mins.

Once cooked, drain in a colander and pop back into the pan. Cover with a lid to keep warm.

Meanwhile, halve, peel and thinly slice the **red onion**.

Heat a drizzle of **oil** in a large frying pan on medium heat. Once hot, add the **onion**, season and fry, stirring occasionally, until golden, 10-12 mins.



## Make the Red Onion Gravy

Add the **balsamic vinegar** and **sugar** (see pantry) to the **onions** and cook until caramelised, 1-2 mins.

Melt in the **butter** (see pantry), then stir in the **flour** (see pantry). Stir until combined - you've made a **roux!** Cook, stirring, until the **roux** is a medium brown colour, 2-3 mins.

Gradually stir in the **water for the gravy** (see pantry), then add the **red wine stock paste**. Bring to the boil, stirring out any lumps that form. **TIP:** If you have any *red wine*, add a splash now for extra flavour.

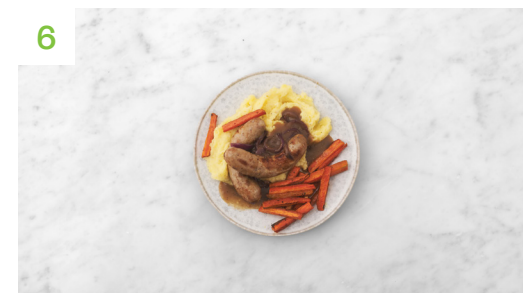
Lower the heat and simmer, until the **gravy** has thickened to your liking, 8-10 mins.



## Garlic Mash Time

Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

Add the **garlic** to the **cooked potatoes** with a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season to taste with **salt** and **pepper**.



## Serve

When everything's ready, reheat the **sauce** if necessary, adding a splash of **water** if needed.

Share the **sausages** between your plates, then serve with the **garlic mash** and **roasted carrots** alongside.

Spoon over the **red onion gravy** to finish.

## Enjoy!