



THIS™ Isn't Pork Sausages in Red Onion Gravy with Garlic Mash and Roasted Carrots

Customised 35-40 Minutes • 1 of your 5 a day

39A



Carrot



THIS™ Isn't Pork Sausages



Garlic Clove



Potatoes



Red Onion



Balsamic Vinegar



Red Wine Stock Paste

CUSTOMISED RECIPE

If you chose to customise your recipe, then just follow the instructions on the back of this card. Happy cooking!

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

Saucepan, baking tray, aluminium foil, colander, lid, frying pan, kitchen scissors and potato masher.

Ingredients

Ingredients	2P	3P	4P
Carrot**	3	4	6
THIS™ Isn't Pork Sausages**	6	9	12
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
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Butter*	15g	20g	30g
Plain Flour*	1 tbsp	1½ tbsp	2 tbsp
Water for the Gravy*	200ml	300ml	400ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	731g	100g
Energy (kJ/kcal)	2715 /649	371 /89
Fat (g)	24.7	3.4
Sat. Fat (g)	6.8	0.9
Carbohydrate (g)	79.0	10.8
Sugars (g)	17.3	2.4
Protein (g)	26.6	3.6
Salt (g)	4.00	0.55

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

Allergens

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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Start the Prep

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **potatoes**.

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

When the oven is hot, roast on the top shelf until tender, 20-25 mins. Turn halfway through.



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.



Ready to Roast

Meanwhile, place the **THIS™ Isn't Pork Sausages** on a large baking tray in a single layer and drizzle with **oil**. Season with **salt** and **pepper**.

Once the **carrots** have been cooking for 5 mins, bake the **sausages** on the middle shelf of the oven until golden brown, 15-18 mins. Turn halfway through cooking. **IMPORTANT:** *Ensure they're piping hot throughout.*

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. Remove and set aside.



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**.



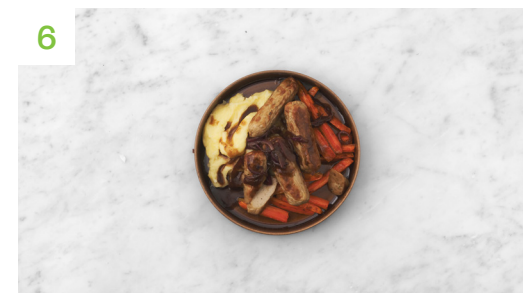
Cook the Potatoes

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.



Serve

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

Share the **THIS™ Isn't Pork Sausages** between your plates, then serve with the **garlic mash** and **roasted carrots** alongside.

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

Enjoy!