



**HELLO FRESH**

# Bacon Wrapped Sausages on Creamy Mustard Mash with Caramelised Onion Jus, Chantenay Carrots and Peas

33

Premium 40-45 Minutes • 1 of your 5 a day



Chantenay Carrot



Onion



Streaky Bacon



Honey Mustard Sausages



Spring Onion



Potatoes



Red Wine Jus Paste



Creme Fraiche



Wholegrain Mustard



Peas

**Pantry Items**  
Sugar

## Before you start

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

## Cooking tools

Baking tray, frying pan, saucepan, bowl, potato masher and lid.

## Ingredients

	2P	3P	4P
Chantenay Carrot**	150g	225g	300g
Onion**	1	1	2
Sugar*	½ tsp	½ tsp	1 tsp
Streaky Bacon**	6 rashers	9 rashers	12 rashers
Honey Mustard Sausages** 9) 14)	6	9	12
Spring Onion**	1	2	2
Water for the Jus*	400ml	600ml	800ml
Potatoes**	450g	700g	900g
Red Wine Jus Paste 10) 14)	44g	66g	88g
Creme Fraiche** 7)	75g	150g	150g
Wholegrain Mustard 9)	17g	25g	34g
Peas**	120g	180g	240g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	721g	100g
Energy (kJ/kcal)	4354 /1041	604 /144
Fat (g)	53.7	7.4
Sat. Fat (g)	22.7	3.1
Carbohydrate (g)	85.7	11.9
Sugars (g)	26.4	3.7
Protein (g)	48.2	6.7
Salt (g)	6.81	0.94

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 9) Mustard 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

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## Caramelize the Onion

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

Trim and halve the **carrots** lengthways (no need to peel) and pop them onto one half of a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then set aside.

Halve, peel and thinly slice the **onion**. Heat a drizzle of **oil** in a frying pan on medium-high heat.

Once hot, add the **onion** and season with **salt**, **pepper** and the **sugar** (see ingredients for amount). Fry until soft and sweet, 8-10 mins.



## Make the Onion Jus

Once the **onion** is soft and caramelised, add the **water for the jus** (see ingredients for amount) to the pan.

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

Once glossy and thickened, pour into a bowl or gravy jug and cover to keep warm.



## Wrap the Sausages

While the **onion** cooks, wrap a **rasher of bacon** around each **sausage** in a spiral so they're fully covered. Pop the **bacon wrapped sausages** onto the other **half** of the **carrot** baking tray.

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



## Mash Time

Meanwhile, once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat. Add the **creme fraiche** and mash until smooth.

Season with **salt** and **pepper**, then stir in the **spring onion** and **mustard**. Taste and add more seasoning if needed.

Cover with a lid to keep warm.



## Cook the Potatoes

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

Trim and thinly slice the **spring onion**. Peel and chop the **potatoes** into 2cm chunks.

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



## Finish and Serve

Just before you are ready to serve, wipe out the frying pan and pop it back on medium-high heat with a drizzle of **oil**.

Once hot, add the **peas** and stir-fry for 2-3 mins.

When everything is ready, share the **mash** between your plates and top with the **bacon wrapped sausages**.

Serve the **peas** and **carrots** on the side. Reheat the **onion jus** (if needed) and pour over to finish.

Enjoy!