



Bangers 'n' Mash Pie with Cabbage and Pancetta

FAMILY Hands on Time: 20 Minutes • Total Time: 45 Minutes • 2 of your 5 a day

N° 11



Honey Mustard Sausages



Potatoes



Red Onion



Carrot



Parsley



Cheddar Cheese



Wholegrain Mustard



Flour



Tomato Puree



Red Wine Stock Pot



Pancetta Lardons



Sliced Savoy Cabbage

Before you start

Our fruit and veggies need a little wash before you use them!

Basic cooking tools, you will need:

Baking Tray, Large Saucepan, Coarse Grater, Colander, Potato Masher, Large Frying Pan, Measuring Jug and Ovenproof Dish.

Ingredients

	2P	3P	4P
Honey Mustard Sausages** 9) 14)	4	6	8
Potatoes**	1 small pack	1 large pack	2 small packs
Red Onion**	2	3	4
Carrot**	1	2	2
Parsley**	1 bunch	1 bunch	1 bunch
Cheddar Cheese** 7)	1 block	1½ blocks	2 blocks
Wholegrain Mustard 9)	½ sachet	¾ sachet	1 sachet
Flour 13)	8g	12g	16g
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water for the Pie*	250ml	375ml	500ml
Red Wine Stock Pot 14)	½ pot	¾ pot	1 pot
Pancetta Lardons**	60g	90g	120g
Sliced Savoy Cabbage**	1 small bag	1 large bag	2 small bags

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	674g	100g
Energy (kJ/kcal)	3182/761	472/113
Fat (g)	34	5
Sat. Fat (g)	13	2
Carbohydrate (g)	80	12
Sugars (g)	19	3
Protein (g)	36	5
Salt (g)	4.52	0.67

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Contact

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1. Get Prepared

Preheat the oven to 200°C. Pop the **sausages** onto a baking tray, drizzle with a little **oil** then roast on the top shelf of the oven until golden and cooked, 20 mins, turn halfway through. **IMPORTANT:** *The sausages are cooked when no longer pink in the middle.* Once cooked, chop the **sausages** up into small, bite-sized, chunks (be careful, they're hot!).



4. Make the Filling

In the meantime, heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add the **carrot** and **red onion**. Cook until the **carrot** is tender and the **onion** is starting to colour, 8-10 mins, stirring regularly. Once softened, add the **flour** and **tomato puree** into the pan. Cook, stirring, for 1-2 mins, then pour in the **water** (see ingredients for amount). Add the **red wine stock pot**, stirring to dissolve.



2. Chop Chop Chop

Meanwhile, bring a large saucepan of **water** to the boil with a pinch of **salt** in preparation for the **potatoes**. Chop the **potatoes** into 2cm chunks (no need to peel). Halve, peel and thinly slice the **red onion**. Trim the **carrot**, then thinly slice into rounds. Roughly chop the **parsley** (stalks and all). Grate the **cheddar cheese**.



5. Cook the Pie

Bring the sauce to the boil, then reduce the heat and simmer until nicely thickened, 2-3 mins. Remove from the heat and mix in the **sausage pieces** and **half** the **parsley**. Transfer the **filling** into an ovenproof dish (keep the pan). Spread the **mash** over the **filling** using the back of a fork and pop on the top shelf of the oven to cook until golden and bubbly, 10-15 mins. In the meantime, rinse out the pan you used for the **filling**.



3. Cook the Potatoes

When the **water** is boiling, add the **potatoes** to the saucepan and cook until you can easily slip a knife through, 15-20 mins. Once cooked, drain in a colander then return to the pan off the heat. Add the **mustard**, **cheese** and a splash of **milk** (if you have it!). Mash until you have a smooth consistency and season to taste with **salt** and **pepper**.



6. Fry the Cabbage

Return the pan to a medium-high heat with a drizzle of oil. Once hot, add the **pancetta lardons**. Stir-fry until golden all over, 1-2 mins, then add the **cabbage** and a splash of **water** to the pan. Continue to fry, stirring regularly, until the **cabbage** is tender, 3-4 mins. Stir in the remaining **parsley**, taste and season with **salt** and **pepper** if needed. Once the **pie** is out of the oven, serve onto large plates with the **cabbage** on the side.

Enjoy!