



# Caramelised Onion Sausages

with Balsamic Lentils, Charred Courgettes and Garlicky Croutons



**CLASSIC** 30 Minutes • 2.5 of your 5 a day



-  Red Onion
-  Courgette
-  Garlic Clove
-  Ciabatta
-  Caramelised Onion Sausages
-  Lentils
-  Balsamic Vinegar
-  Chicken Stock Powder
-  Crème Fraîche



## Before you start

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

### Basic cooking tools you will need:

Fine Grater (or Garlic Press), Baking Tray, Sieve, Saucepan, Measuring Jug and Frying Pan.

### Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Courgette**	1	2	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Ciabatta <b>11</b> <b>13</b> )	1	1½	2
Caramelised Onion Sausages <b>14</b> **	4	6	8
Lentils	1 carton	1½ cartons	2 cartons
Olive Oil for the Ciabatta*	1½ tbsp	2 tbsp	3 tbsp
Balsamic Vinegar <b>14</b> )	1 sachet	1 sachet	2 sachets
Water for the Lentils*	100ml	150ml	200ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Crème Fraîche <b>7</b> **	150g	225g	300g

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	557g	100g
Energy (kJ/kcal)	3341 / 799	600 / 144
Fat (g)	45	8
Sat. Fat (g)	17	3
Carbohydrate (g)	72	13
Sugars (g)	18	3
Protein (g)	33	6
Salt (g)	4.19	0.75

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7)** Milk **11)** Soya **13)** Gluten **14)** Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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

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## 1. Get Prepped

Preheat your oven to 200°C. Halve, peel and thinly slice the **onion**. Trim the **courgette** then halve lengthways. Chop widthways into 1cm small pieces. Peel and grate the **garlic** (or use a garlic press). Chop the **ciabatta** into 2cm chunks. Pop the **sausages** on a lightly oiled baking tray. Bake in your oven until browned and cooked through, 20-25 mins, turn halfway through. **IMPORTANT:** The sausages are cooked when no longer pink in the middle.



## 4. Cook the Courgette

Meanwhile, heat a frying pan on medium high heat (no oil). Once hot, add the **courgette chunks** and dry fry until charred on each side, 5-7 mins total. Turn every 1-2 mins. Season with **salt and pepper** and remove from the heat.



## 2. Finish the Prep

Meanwhile, drain and rinse the **lentils** in a sieve. Put **half** the **garlic** in a bowl with the **oil** (see ingredients for amount). Season with **salt and pepper**, mix together and add the **ciabatta chunks**. Mix again and set aside.



## 5. Finish the Lentils

Stir the **creme fraiche** and **lentils** into the **red onion mixture** and bring to the boil. Simmer for 1-2 mins, then stir in the charred **courgette** and remove from the heat. Add the **croutons** to the tray with the **sausages** to cook until golden for the last 5 mins of sausage cooking time.



## 3. Start the Lentils

Heat a drizzle of **oil** in a saucepan on medium high heat. Add the **onion**, season with **salt and pepper** and cook until softened, 5-6 mins. Stir occasionally. Once soft, add the remaining **garlic** and **balsamic vinegar**, stir together and cook until evaporated, 1 minute. Pour in the **water** (see ingredients for amount) and the **chicken stock powder**. Stir together and simmer until reduced by half, 6-8 mins.



## 6. Finish and Serve

Once everything is ready, reheat the **lentils** if necessary. Taste and add **salt and pepper** if you feel it needs it as well as a splash of **water** if they have dried out a little. Spoon into bowls and top with the **sausages** and **garlicky croutons**.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.