



Caramelised Onion Sausages

with Balsamic Lentils, Charred Courgettes and Garlicky Croutons

Classic 30 Minutes • 1.5 of your 5 a day

5



Red Onion Courgette



Garlic Clove Ciabatta



Caramelised Onion Sausages Lentils



Balsamic Vinegar Chicken Stock Powder



Crème Fraîche

Before you start

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

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

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	557g	100g
Energy (kJ/kcal)	3341/799	600/144
Fat (g)	45	8
Sat. Fat (g)	17	3
Carbohydrate (g)	66	12
Sugars (g)	19	4
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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



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.*



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 in total. Turn every 1-2 mins. Season with **salt** and **pepper** and remove from the heat.



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.



Finish the Lentils

Stir the **crème fraîche** 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 **ciabatta croutons** to the tray with the **sausages** to cook until golden for the last 5 mins of sausage cooking time.



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 **balsamic vinegar** and remaining **garlic**, 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.



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.