



# Spicy Sausages

with Caribbean-Style Veggies and Mashed Potato

**CLASSIC** 40 Minutes • Medium Heat • 2 of your 5 a day



Yellow Pepper



Red Onion



Courgette



Jerk Seasoning



Caramelised  
Onion Sausages



Potato



Chicken  
Stock Powder



Mango Chutney



Flat Leaf Parsley

## Before you start

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

### Basic cooking tools you will need:

Baking Tray, Two Saucepans, measuring Jug, Colander and Potato Masher.

### Ingredients

	2P	3P	4P
Yellow Pepper**	1	2	2
Red Onion**	1	1	2
Courgette**	1	2	2
Jerk Seasoning	1 small pot	¾ large pot	1 large pot
Caramelised Onion Sausages 14)**	4	6	8
Potato**	1 small pack	1 large pack	2 small packs
Water for the Gravy*	150ml	225ml	300ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Mango Chutney	1 pot	2 pots	2 pots
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	637g	100g
Energy (kJ/kcal)	2412 /577	379 /91
Fat (g)	15	2
Sat. Fat (g)	6	1
Carbohydrate (g)	86	13
Sugars (g)	28	4
Protein (g)	25	4
Salt (g)	3.44	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 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

#### Thumbs up or thumbs down?

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## 1. Prep the Veggies

Preheat your oven to 200°C. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve, peel and finely slice the **red onion**. Trim the **courgette**, then halve lengthways. Chop into roughly 1cm wide, 5cm long batons. Put the **pepper** on a baking tray.



## 4. Make the Gravy

Meanwhile, heat a drizzle of **oil** in a medium saucepan over medium heat. Once hot, add the **onion** and season with **salt**, cook the **onion** until soft, 8-10 mins. Add the **water** (see ingredients for amount) with the **stock powder**, stir to dissolve and bring to a simmer. Add the **mango chutney**, stir and simmer until thickened, 5-6 mins. Taste and season with **salt** and **pepper**.



## 2. Get Baking!

Drizzle the **peppers** with **oil** and sprinkle over the **jerk seasoning**. Season with **salt** and **pepper**, then toss to coat and spread out. Pop the **sausages** on top of the **peppers**. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat! Roast the **sausages** and **veg** on the top shelf until the **veg** are soft and the **sausages** cooked, 25-30 mins. Halfway through cooking add the **courgette**, give the tray a shake and put it back in your oven.



## 5. Make the Mash

Meanwhile, roughly chop the **parsley** (stalks and all). Once the **potatoes** are ready, drain in a colander and return to the pan. Add a knob of **butter** and a splash of **milk** (if you have some). Season with **salt** and **pepper** and mash until smooth. Stir through the **parsley**. **TIP:** If the **potatoes** are cooked before the **sausage** and **veggies**, simply put a lid on the pan to keep it warm until everything else is ready.



## 3. Cook the Potato

Meanwhile, put a large saucepan of **water** with ½ tsp of **salt** on to boil for the potato. Peel and chop the **potato** into roughly 2cm pieces and add to your pan of boiling **water**. Cook until soft, 15-20 mins. **TIP:** The potato is cooked when you can easily slip a knife through.



## 6. Finish and Serve

Reheat the **gravy** if you need to. When the **sausages** are browned and cooked, and the **veggies** are soft, take the baking tray out of your oven. **IMPORTANT:** The **sausage** is cooked when it is no longer pink in the middle. Serve the **mash** with the **sausage** and **veggies** with the **mango chutney** **gravy** on top.

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.