



Cumberland Sausages and Parsley Mash with Jerk Spiced Veg and Mango Chutney Gravy

Classic 35-40 Minutes • 1 of your 5 a day

3



Bell Pepper



Red Onion



Chantenay Carrot



Caribbean Style Jerk



Cumberland Sausage



Potatoes



Chicken Stock Paste



Mango Chutney



Flat Leaf Parsley

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Saucepan, lid, baking tray, peeler and frying pan.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Red Onion**	1	1	2
Chantenay Carrot**	225g	300g	450g
Caribbean Style Jerk 9)	1 sachet	1 sachet	2 sachets
Cumberland Sausage** 14)	4	6	8
Potatoes	450g	700g	900g
Chicken Stock Paste	10g	15g	20g
Mango Chutney	1 sachet	2 sachets	2 sachets
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch

Pantry	2P	3P	4P
Water for the Sauce*	150ml	225ml	300ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2822 /675	435 /104
Fat (g)	30.4	4.7
Sat. Fat (g)	10.1	1.6
Carbohydrate (g)	79.9	12.3
Sugars (g)	30.5	4.7
Protein (g)	22.9	3.5
Salt (g)	3.38	0.52

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

9) Mustard 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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Prep the Veg

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

Put a large saucepan of **water** with ½ **tsp salt** on to boil for the **potatoes**.

Halve the **pepper** and discard the core and seeds. Slice into thin strips.

Halve, peel and thinly slice the **red onion**. Trim and halve the **carrots** lengthways (no need to peel).



Bring on the Gravy

Meanwhile, heat a drizzle of **oil** in a medium frying pan on medium heat.

Once hot, add the **onion**, season with **salt**, then fry until softened, 8-10 mins.

Stir in the **water for the sauce** (see ingredients for amount) and **chicken stock paste**, then bring to a simmer.

Mix in the **mango chutney**, then stir and simmer until thickened, 5-6 mins. Taste and season with **salt** and **pepper**.



Get Baking

Put the **pepper** and **carrots** on a large baking tray. Drizzle with **oil**, sprinkle with the **Caribbean style Jerk** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer.

Pop the **sausages** on top of the veg and roast on the top shelf of your oven until the veg is soft and the **sausages** are cooked, 25-30 mins.

IMPORTANT: Wash your hands and equipment after handling raw meat. The sausages are cooked when no longer pink in the middle.



Make your Parsley Mash

While the **gravy** simmers, roughly chop the **parsley** (stalks and all).

Once the **potatoes** are ready, drain in a colander and pop back into the pan. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth.

Stir through the **parsley**, then season with **salt** and **pepper**. Cover with a lid to keep warm.



Cook the Potatoes

While the **sausages** and **veg** cook, chop the **potatoes** into 2cm chunks (peel first if you prefer).

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



Finish and Serve

When everything is ready, reheat the **gravy** if necessary and add a splash of **water** if it's a bit thick.

Serve the **roasted sausages** and **veg** on plates with the **parsley mash** alongside and the **mango chutney gravy** on top.

Enjoy!