







More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on     You'll be entered into our weekly photo contest!

Cumberland Sausage with Roasted Garlic Mash and Red Onion Gravy

So, you might call us crazy, but trust us - what Patrick is about to say will revolutionise your mashed potato experience. Here goes: "Roast your garlic until it's nice and soft and then mash it into your potatoes", says Patrick. For a mash you can be proud of... get cooking!



Potato (1 pack)



Red Onion (½)



Baby Gem Lettuce (1)



Garlic Clove (2)



Cumberland Sausage (2)



Rosemary (½ bunch)



Cornflour (½ tsp)



Water (100ml)



Chicken Stock Pot (½)



Milk (2 tbsp)


2 PEOPLE INGREDIENTS

- Potato, chopped
- Red Onion, sliced
- Baby Gem Lettuce, sliced
- Garlic Clove
- Cumberland Sausage

1 pack
½
1
2
2

- Rosemary
- Cornflour
- Water
- Chicken Stock Pot
- Milk

½ bunch
½ tsp
100ml
½
2 tbsp

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Garlic is part of the Allium family and a close relative to the humble onion, shallot, leek and chive!

Allergens: Milk.

Nutrition as per prepared and listed ingredients

| | Energy | Fat | Sat. Fat | Carbs | Sugar | Protein | Salt |
|--------------------|--------------------|------|----------|-------|-------|---------|------|
| Per serving | 620 kcal / 2565 kJ | 29 g | 10 g | 60 g | 10 g | 31 g | 1 g |
| Per 100g | 109 kcal / 452 kJ | 5 g | 2 g | 11 g | 2 g | 6 g | 0 g |

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

1



1 Pre-heat your oven to 180 degrees and boil a pot of water. Peel the **potato** and chop into 2cm chunks. Peel and slice the **red onion** in half through the root, then slice into thin half moons. Slice the **baby gem lettuce** in half lengthways.

5



2 Wrap the **garlic** in a little parcel of tinfoil ready to roast. **Tip:** *If you don't have tinfoil don't worry, you can roast the garlic in its skin.* Put the **sausage** and **garlic** on a baking tray, then pop onto the top shelf of your oven to cook for 25 mins (turning occasionally). Cook your **potato** in the pot of boiling water.

Tip: *Your potato is cooked when you can easily slip a knife through.*

6



3 Put a non-stick frying pan on medium-low heat. Add a splash of **olive oil**, your **onion**, a sprinkle of **sugar** (if you have some), a pinch of **salt**, a good grind of **black pepper** and the **rosemary**. Cook gently for 20 mins until soft.

4 Mix the **cornflour** with a splash of **water** to make a nice smooth paste and keep to the side - we'll add it to the gravy later to thicken it.

5 Put another frying pan on medium-high heat with a drizzle of **olive oil**. Once hot, place your **baby gem lettuce** in the pan, sliced-side down. Fry for 3-4 mins or until lightly browned.

6 Once your **onion** is soft turn the heat up to medium. Add in the **water** (amount specified in the ingredient list) and the **chicken stock pot** and bring to a simmer. Stir in your **cornflour mixture** and simmer gently until it thickens, before turning off the heat, this is your **red onion gravy!**

7



7 Once cooked, drain your **potato** and put back in the pot with the **milk** (amount specified in the ingredient list), a knob of **butter** (if you have some) and a pinch of **salt**. Squeeze your **roasted garlic** out of its skin and put this in the pot too. Mash everything together until you have nice lump-free mash.

8 Spoon your **mash** onto plates, top with your **sausage** and pour over your **red onion gravy**. **Tip:** *Don't forget to take the rosemary out of the gravy before serving.* Serve your **baby gem lettuce** on the side. Perfection needn't be complicated.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!