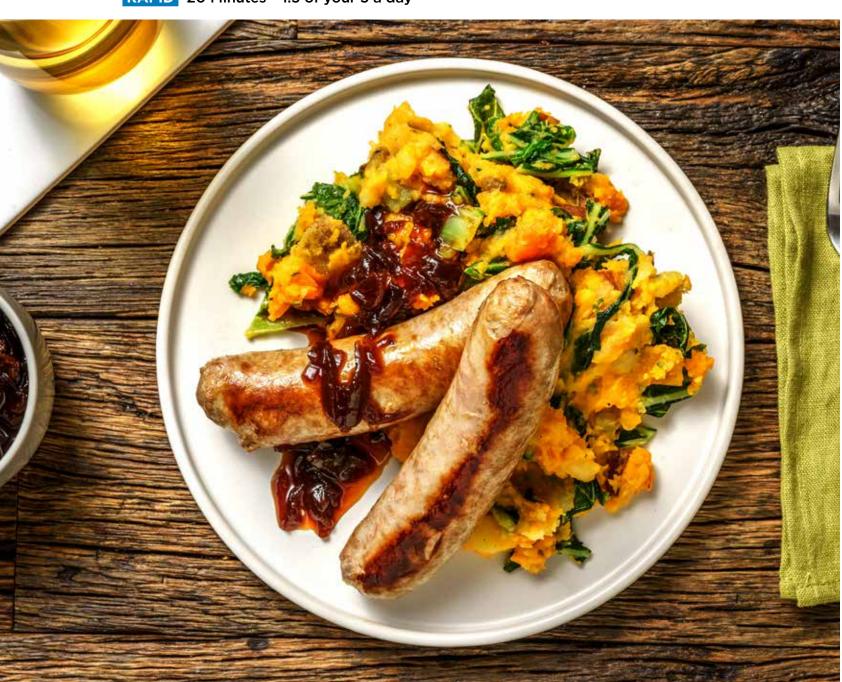


Grilled Sausages

with Champ and Onion Gravy

RAPID 20 Minutes • 1.5 of your 5 a day







Baking Potato







Diced Sweet Potato







Original Onion Marmalade



Beef Stock Powder



Before you start

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

Basic cooking tools, you will need:

Saucepan, Baking Tray, Measuring Jug, Colander and Potato Masher.

Ingredients

_			
	2P	3P	4P
Baking Potato**	1	2	2
Pork & Oregano Sausages 13) 14)**	4	6	8
Diced Sweet Potato**	1 large pack	2 small packs	2 large packs
Sliced Spring Greens**	1 small pack	1 large pack	2 small packs
Original Onion Marmalade	2 pots	3 pots	4 pots
Water*	50ml	75ml	100ml
Beef Stock Powder	1 sachet	2 sachets	2 sachets
Butter 7) **	30g	30g	60g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	558g	100g
Energy (kJ/kcal)	3605 /862	646/154
Fat (g)	38	7
Sat. Fat (g)	18	3
Carbohydrate (g)	110	20
Sugars (g)	31	6
Protein (g)	26	5
Salt (g)	2.53	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 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!





1. Cook the Sausages

- **a)** Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the **potatoes** and preheat the grill to high.
- b) Chop the white potato into small 1cm chunks (no need to peel unless you want to). Put the sausages on a baking tray and grill until cooked, 15-18 mins. IMPORTANT: The sausages are cooked when no longer pink in the middle.
- c) Turn halfway.



2. Cook the Potato

a) Once the **water** is boiling, add both types of **potato** to the pan and simmer until tender, 10-15 mins.



3. Cook the Greens

- **a)** When the **potatoes** have been cooking for 5-10 mins, add the **spring greens** to the pan and simmer until soft, 3-5 mins.
- **b)** The **potatoes** are cooked when you can easily slip a knife through them.



4. Make the Sauce

- **a)** Meanwhile, pop the **onion marmalade** into a frying pan and add the **water** (see ingredient list for amount) and **beef stock powder**.
- **b)** Stir and bring to a simmer. Simmer until slightly reduced, 3-4 mins.
- c) Remove the pan from the heat.



5. Mash!

- a) When the **potatoes** and **greens** are cooked, drain them in a colander. Pop them back in their pan and season with of **salt** and **pepper**.
- **b)** Add the **butter** and mash champ done!
- **c)** Taste and add more **salt** and **pepper** if you feel it needs it.



6. Finish

a) Serve the **champ** with the **sausages** and the **sauce** spooned over.

Enjoy!

There may be changes to ingredients in recipes:

 $\textbf{\textit{Allergens:}} \ \textit{Always check the packaging of individual products/ingredients for up to date information.}$

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