



Hearty Sausage Tray Bake

with Roasted Vegetables and Caramelised Onion Gravy



HELLO CARROT

Carrots have been bred to be orange. Orininally they were white, yellow and even purple!



Potato



Carrot



Red Onion



Dried Thyme



Honey and Mustard Sausage



Courgette



Onion Marmalade



Chicken Stock Powder

MEAL BAG

45 mins

1 of your 5 a day

Our sausage tray bake combines some of the best flavours Britain has to offer. Thyme, mustard and honey complement the rich onion gravy for a flavour combination that works every single time.

1

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Baking Tray, Frying Pan** and **Measuring Jug**. Now, let's get cooking!



1 PREP TIME!

Preheat your oven to 200°C. Lightly **oil** a large baking tray (use 2 trays if you're cooking for 3 or 4 people). Chop the **potato** into 2 cm chunks (no need to peel). Trim the ends from the **carrot** (no need to peel) and chop into 1cm thick rounds. Halve, peel and chop the **red onion** into wedges (3 per half).



2 ASSEMBLE AND SEASON

Pop all the **veggies** onto your tray(s), season with **salt** and **pepper**, add a drizzle of **oil** and sprinkle on the **dried thyme**. Use your hands to rub the flavourings all over the **veggies** and arrange in one even layer.



3 BAKE THEM ALL

Nestle the **sausages** among the **veggies** and bake until the **veggies** are soft and golden and the **sausages** are cooked through, 25-30 mins. Turn everything halfway through cooking to make sure it all browns evenly.

! IMPORTANT: *The sausages are cooked when they are no longer pink in the middle.*



4 CHAR THE COURGETTE

Meanwhile, heat a frying pan over high heat (no oil). While it heats up, trim the **courgette** and cut into 1cm thick rounds. Pop into the pan in one layer and dry-fry for 3-4 mins on each side. **★ TIP:** *You want the courgettes to char so don't overcrowd the pan!* Once ready, transfer to a plate; we will reheat them later. Allow the pan to cool before moving on to making the **gravy**.



5 MAKE THE GRAVY

Pour the **water** (see ingredients for amount) into the frying pan you used for the courgette and add the **onion marmalade**. Bring to the boil on medium heat then stir in and dissolve the **stock powder**. Simmer, stirring occasionally, until the **gravy** has thickened and reduced by a third, 8-10 mins.



6 FINISH AND SERVE

Two mins before you're ready to serve, reheat the **courgette** by adding to the tray(s) in the oven. When everything is ready, share the **roasted veggies** between your plates and top with the **sausages**. Spoon the **onion gravy** all over. **Tuck in!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Carrot *	2	3	4
Red Onion *	1	2	2
Dried Thyme	½ pot	¾ pot	1 pot
Honey and Mustard Sausage 9) 14) *	4	6	8
Courgette *	1	2	2
Water*	200ml	300ml	400ml
Onion Marmalade	1 pot	2 pots	2 pots
Chicken Stock Powder	½ sachet	½ sachet	1 sachet

*Not Included * Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 666G	PER 100G
Energy (KJ/ kcal)	2814/ 673	422/ 101
Fat (g)	22	3
Sat. Fat (g)	8	1
Carbohydrate (g)	97	15
Sugars (g)	35	5
Protein (g)	27	4
Salt (g)	2.56	0.39

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

9) Mustard 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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