



# Honey Mustard Sausage Meatballs

with Tomato Sauce and Basmati Rice



## HELLO RED PEPPER

*Red bell peppers are simply ripened green peppers!*



Honey and Mustard Sausages



Caramelised Red Onion Relish



Panko Breadcrumbs



Chicken Stock Powder



Basmati Rice



Red Pepper



Mangetout



Finely Chopped Tomatoes with Garlic & Onion



Flat Leaf Parsley

MEAL BAG

Hands on: **20** mins  
Total: **40** mins

**2** of your  
**5** a day

**Family Box**

In this recipe, we've given one of our customer favourites, honey roasted sausages, an Italian-inspired makeover by turning them into meatballs! Rolled into balls, and mixed together with a delicious red onion relish and panko breadcrumbs (which holds them together) these meatballs are a great thing to cook with the kids over a lazy weekend. Combined with a veggie packed sauce, and finished off with a good sprinkling of chopped parsley, we've covered all bases when it comes to getting fussy eaters on your side! Fast family food at its finest!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Mixing Bowl**, **Measuring Jug**, **Large Saucepan** (with a **Lid**) and **Large Frying Pan**. Now, let's get cooking!



### 1 MAKE THE MEATBALLS

Slice open the **sausage**, remove the **meat** and discard the skin. Place the **sausage meat** in a mixing bowl and add the **caramelised red onion relish** and **panko breadcrumbs**. Season with a pinch of **salt** and **pepper**. Mix thoroughly with your hands, then form into four **meatballs** per person. Set aside on a plate. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat.



### 2 COOK THE RICE

Pour the **water** (see ingredients for amount) into a large saucepan and bring to the boil. When boiling, add and dissolve **half** the **stock powder**, then stir in the **rice**, lower the heat to medium and pop a lid on the pan. Cook for 10 mins, then remove from the heat and set aside (still covered) for another 10 mins or until ready to serve. **TIP:** The rice will finish cooking in its own steam.



### 3 FRY THE MEATBALLS

Heat a drizzle of **oil** in a large frying pan on medium heat. When hot, add the **meatballs** and fry until browned all over, turning occasionally, 5-6 mins. **TIP:** Do this in batches to brown rather than stew the meatballs! Remove to a plate (keep the pan!) **TIP:** Don't worry about the meatballs being cooked all the way through at this point, we will finish them off in the sauce later.



### 4 START THE SAUCE

While the **meatballs** brown, halve the **pepper** and discard the core and seeds. Chop into small pieces. When the **meatballs** are out of the pan, add the **pepper** and cook, stirring occasionally, until softened, 2-3 mins.



### 5 SIMMER THE SAUCE

Add the **mangetout**, **chopped tomatoes**, **water** (see ingredients for amount) and remaining **stock powder**. Bring to the boil, stirring to dissolve the **stock powder**, then lower the heat to medium. Return the **meatballs** to the **sauce**. Simmer until they are cooked through, 7-9 mins. **IMPORTANT:** The meatballs are cooked when they are no longer pink in the middle.



### 6 FINISH AND SERVE

Meanwhile, roughly chop the **parsley** (stalks and all). Stir **half** through the **sauce**. Season to taste with **salt** and **pepper** if needed. Fluff up the **rice** with a fork and divide between your plates. Top with the **meatballs** and **sauce** and finish with a sprinkling of remaining **parsley**. **Enjoy!**

## 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Honey and Mustard			
Sausages 9) *	4	6	8
Caramelised Red Onion Relish 14)	1 pot	2 pots	3 pots
Panko Breadcrumbs 13)	30g	40g	50g
Water for the Rice*	300ml	450ml	600ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Basmati Rice	150g	225g	300g
Red Pepper *	1	1	2
Mangetout *	1 pack	1½ packs	2 packs
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Water for the Sauce*	100ml	150ml	200ml
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch

\*Not Included

\* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 606G	PER 100G
Energy (kcal)	840	139
(kJ)	3512	580
Fat (g)	25	4
Sat. Fat (g)	9	2
Carbohydrate (g)	117	19
Sugars (g)	24	4
Protein (g)	36	6
Salt (g)	4.72	0.78

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

9) Mustard 13) Gluten 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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