



HONEY MUSTARD SAUSAGES

with Mashed Swede and Red Cabbage



HELLO RED CABBAGE

This brassica is pH-sensitive: it grows purple in neutral soil and gets redder the more acid is present!



Honey Mustard Sausages



Red Cabbage



Red Onion



Apple



Swede



Chives



Honey



Balsamic Vinegar



Mustard Seeds



Water



Netherend Butter



Spiced Plum Chutney

35 mins

3.5 of your 5 a day

Swedes really do originate from Sweden! We can only assume that imaginative vegetable naming wasn't high on the priority list the day they arrived here. Americans call them 'rutabaga' which actually comes from the Swedish for 'red bags'. And the Scots consider them to be turnips or 'neeps'. Whatever you call them, they are absolutely delicious when mashed with butter and make a fine side dish for oven-baked sausages. Enjoy!

BEFORE YOU START

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



1 BAKE THE SAUSAGES

Preheat your oven to 200°C. Put the **sausages** on a lightly oiled baking tray and cook on the top shelf of your oven until well-browned and no longer pink in the middle, 30-35 mins. Turn the **sausages** halfway through to ensure they are browned on both sides. Your **sausages** are fully cooked when the juices run clear once sliced into.



2 PREP THE VEGGIES

Meanwhile, put a large saucepan of water with a pinch of **salt** on to boil for the **swede**. Halve the **red cabbage** lengthways, remove (and discard) the root in the middle and cut into ½cm wide slices. Halve, peel and slice the **red onion** into thin half moons. Peel and quarter the **apple**, cut out the core and chop into 1cm chunks. Peel and chop the **swede** into 2cm chunks. Roughly chop the **chives** (use scissors if you like!).



3 COOK THE SWEDE

Add the **swede** to the boiling water and cook until soft, 20-25 mins. ★ **TIP:** *The swede is cooked when you can easily slip a knife through.* When ready, drain the **swede** in a colander, leave for a couple of mins for the steam to escape, then pop back in the pan to keep warm.



4 STEAM THE CABBAGE

Put a glug of **oil** in a frying pan on medium heat. Add the **red onion** and **apple**. Cook until soft, 7 mins. Stir in the **honey**, **balsamic vinegar** and **mustard seeds** and cook for 1 minute more. Add the **red cabbage** along with the **water** (amount specified in the ingredient list). Season with **salt** and **black pepper**, then pop a lid on (or cover with some foil). Cook, stirring occasionally, until the **cabbage** is soft, 12-15 mins.



5 MASH THE SWEDE

Add the **butter** and a splash of **milk** (if you have some) to the drained **swede**. Season with **salt** and **black pepper** and add the **chives**. Mash with a potato masher until smooth.



6 SERVE

Taste the **cabbage** and add more **salt** and **black pepper** if desired. Serve the **sausages** with the **mashed swede**, **red cabbage** and a dollop of the **spiced plum chutney**. **Enjoy!**

2 PEOPLE INGREDIENTS

Honey Mustard Sausages ¹⁰ ¹²	4
Red Cabbage, sliced	1
Red Onion, sliced	1
Apple, chopped	1
Swede, chopped	1
Chives, chopped	1 bunch
Honey	2 tbsp
Balsamic Vinegar ¹²	2 tbsp
Mustard Seeds ¹⁰	1 tsp
Water*	2 tbsp
Netherend Butter ⁷	30g
Spiced Plum Chutney ¹⁰	50g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	609	85
(kJ)	2573	358
Fat (g)	29	4
Sat. Fat (g)	13	2
Carbohydrate (g)	64	9
Sugars (g)	58	8
Protein (g)	25	3
Salt (g)	2.12	0.29

ALLERGENS

⁷Milk ¹⁰Mustard ¹²Sulphites

Spiced Plum Chutney Ingredients: Plums (32%), Cider Vinegar, Bramley Apples, Onions, Muscovado Sugar, Raw Cane Sugar, Ginger, Sultanas, Garlic, Sea Salt, Orange Zest, Mustard Seed, Nutmeg, Cinnamon, Black Pepper.

👍 THUMBS UP OR THUMBS DOWN?

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