

HONEY MUSTARD SAUSAGES

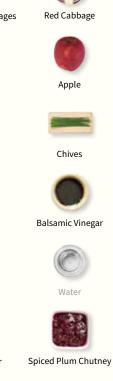
with Mashed Swede and Red Cabbage



HELLO RED CABBAGE

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







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!



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!



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 wellbrowned 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.



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.



PREP THE VEGGIES

Let 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 ¹/₂ cm 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!).



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.



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.



SERVE

6 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!

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 <mark>12)</mark> | | 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 |

| ral (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

)Milk 10)Mustard 12)Sulphites

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.

3 THUMBS UP OR THUMBS DOWN?

| Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you. |
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