



# Honey Mustard Sausages with Neeps and Tatties Gratin

**CLASSIC** 35 Minutes • 2.5 of your 5 a day

N° 21



Swede



Potato



Leek



Garlic Clove



Panko Breadcrumbs



Honey Mustard Sausages



Chicken Stock Powder



Half Fat Crème Fraîche



Red Onion



Balsamic Vinegar

## Before you start

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

### Basic cooking tools you will need:

Large Saucepan, Fine Grater (or Garlic Press), Large Frying Pan, Baking Tray, Measuring Jug and Ovenproof Dish.

### Ingredients

	2P	3P	4P
Swede**	1	1½	2
Potato**	1	1	2
Leek**	1	1½	2
Garlic Clove**	1	2	2
Panko Breadcrumbs <b>13</b>	25g	50g	50g
Oil for the Crumb*	1½ tbsp	2 tbsp	3 tbsp
Honey Mustard Sausages <b>9</b> <b>14</b> **	4	6	8
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Half Fat Crème Fraîche <b>7</b> **	150g	225g	300g
Red Onion**	1	2	2
Balsamic Vinegar <b>14</b>	1	2	2
Sugar for the Onion*	1 tsp	1½ tsp	2 tsp
Water for the Onion*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	780g	100g
Energy (kJ/kcal)	3215/769	412/99
Fat (g)	38	5
Sat. Fat (g)	16	2
Carbohydrate (g)	82	11
Sugars (g)	19	2
Protein (g)	28	4
Salt (g)	2.92	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7**) Milk **9**) Mustard **13**) Gluten **14**) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

### Contact

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## 1. Get Prepped

Preheat your oven to 200°C and bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Peel the **swede** and chop into 1cm chunks. Add the **swede** to the pan of boiling **water**. Peel the **potato** and chop into 2cm chunks. **TIP:** *You need the swede to be smaller than the potato as it takes longer to cook.* Add the **potato** to the boiling **water** and simmer until both are tender, 20-25 mins. Once tender, drain in a colander.



## 4. Gratin Time

Stir the **garlic** into the **leek** and cook for 1 minute more. Pour in the **water** (see ingredient list for amount) and **chicken stock powder**. Bring to the boil. Reduce the heat slightly and simmer until reduced by **half**, then mix through the **half fat creme fraiche** and remove from the heat. Add the drained **swede** and **potato** to the **creamy leeks** and pour into an ovenproof dish. Sprinkle over the **breadcrumbs** and bake on the top shelf of the oven until golden, 10-15 mins, moving the **sausages** to the middle shelf.



## 2. Fry the Leek

While the potatoes and swede cook, trim the root and the dark green leafy part from the **leek**. Halve lengthways, then thinly slice. Peel and grate the **garlic** (or use a garlic press). In a small bowl, mix the **breadcrumbs** and the **oil** (see ingredients for amount). Season with **salt** and **pepper**. Heat a drizzle of **oil** in a large frying pan on medium high heat. When hot, add the **leek** and season with **salt** and **pepper**. Stir-fry until the **leek** is soft, 4-5 mins.



## 5. Fry the Onion

Wash out your frying pan and pop it back on medium heat with a drizzle of **oil**. Halve, peel and thinly slice the **onion**. When hot, add the **red onion** with a pinch of **salt** and **pepper** and cook until nicely softened, 8-10 mins, stirring occasionally. Once nice and soft, add the **balsamic vinegar**, **sugar** and **water** (see ingredient list for both amounts) and simmer until really sticky, 2-3 mins. Remove the pan from the heat.



## 3. Bake the Sausages

Meanwhile, pop the **sausages** on a lightly greased baking tray. Bake them on the top shelf of your oven until golden, about 20-25 mins, turning halfway through. **IMPORTANT:** *The sausages are cooked when no longer pink in the middle.* If your **sausages** are ready a little before everything else, simply remove and cover with foil.



## 6. Finish and Serve

Serve the **sausages** with the **sticky red onion** spooned over the top and the **neeps and tatties gratin** alongside.

Enjoy!