



Honey Mustard Sausages

with Cavolo Nero Colcannon and Balsamic Onion Gravy

Family Hands On Time: 15 Minutes • Total Time: 20 Minutes • Little Spice • 1 of your 5 a day



Honey Mustard Sausages



Potatoes



Red Onion



Cavolo Nero



Balsamic Vinegar



Red Wine Stock Paste



Redcurrant Jelly



Wholegrain Mustard

Before you start

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

Cooking tools, you will need:

Kettle, Baking Tray, Saucepan, Frying Pan, Wooden Spoon, Measuring Jug, Colander, Plate.

Ingredients

	2P	3P	4P
Honey Mustard Sausages 9) 14)**	4	6	8
Potatoes**	450g	700g	900g
Red Onion**	1	2	2
Cavolo Nero**	100g	150g	200g
Balsamic Vinegar 14)	1 sachet	2 sachets	2 sachets
Water for the Sauce*	75ml	100ml	150ml
Red Wine Stock Paste 14)	1 pot	2 pots	2 pots
Redcurrant Jelly	1 pot	2 pots	2 pots
Wholegrain Mustard 9)	1 pot	1 pot	2 pots

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	505g	100g
Energy (kJ/kcal)	2466 /589	488 /117
Fat (g)	21	4
Sat. Fat (g)	7	1
Carbohydrate (g)	71	14
Sugars (g)	23	5
Protein (g)	25	5
Salt (g)	3.99	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard **14)** Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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HelloFresh UK

Packed in the UK

The Fresh Farm

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 You can recycle me!



Grill the Sausages

a) Fill and boil your kettle and preheat your oven to 220°C.

b) Pop the **sausages** on a baking tray and roast them on the top shelf of your oven until browned and cooked through, 18-20 mins, turning halfway through cooking. **IMPORTANT:** *The sausages are cooked when no longer pink in the middle.*



Cook the Cavolo Nero

a) When the **potatoes** have 5 mins left, add the **cavolo nero** their pan.

b) Submerge the **cavolo nero** in the boiling **water** or cover with a lid so it cooks.

c) Cook until tender, 5 mins.



Cook the Potatoes

a) Meanwhile, chop the **potatoes** into 2cm chunks (no need to peel).

b) Pop them in a large saucepan along with ½ tsp of **salt**, cover with boiling **water** and place on high heat.

c) Boil the **potatoes** until you can easily slip a knife through, 15-20 mins.



Finish Off

a) Lower the heat of the pan with the **onions** and add the **balsamic vinegar**.

b) Cook until almost evaporated, 1-2 mins.

c) Add the **water** (see ingredients for amount) to the pan and bring to the boil.

d) Pop in the **red wine stock paste** and **redcurrant jelly** and stir to dissolve.

e) Simmer for 2-3 mins until the **sauce** has thickened slightly. **TIP:** *Add a splash of water if you feel it needs it.*



Start the Sauce

a) Meanwhile, halve, peel and thinly slice the **red onion**.

b) Heat a drizzle of **oil** in a small frying pan on medium heat.

c) Add the **onion** and cook until softened and beginning to brown, 5-7 mins. Stir often. This is the base of your **gravy**.



Mash and Serve

a) Meanwhile, drain the **potatoes** and **cavolo nero** in a colander then return to the pan.

b) Mash together and then mix in the **wholegrain mustard** and a knob of **butter** (if you have some).

c) Season to taste with **salt** and **pepper** - **colcannon** made!

d) Share the **colcannon** between your plates and serve the **sausages** alongside.

e) Spoon the **gravy** over the **sausages**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.