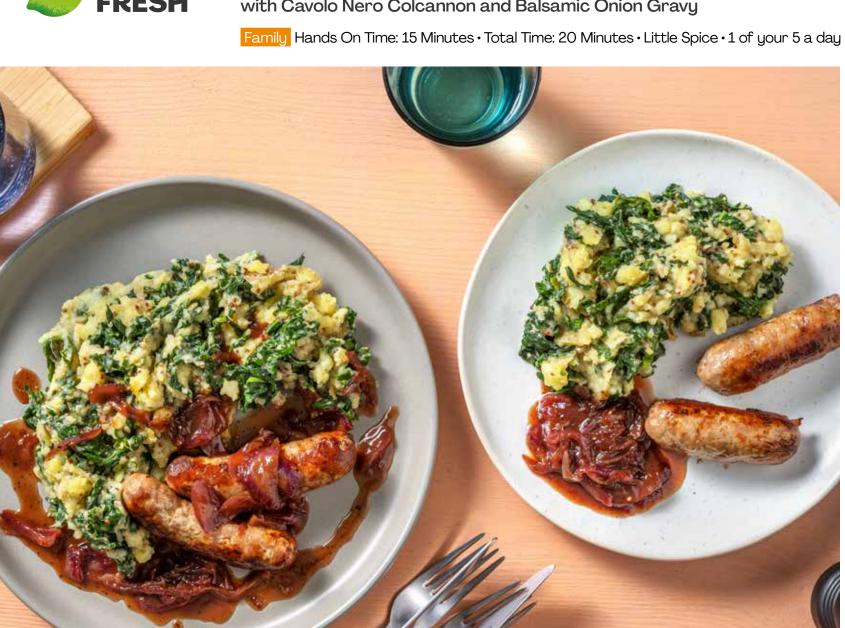
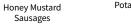


Honey Mustard Sausages with Cavolo Nero Colcannon and Balsamic Onion Gravy









Red Onion







Red Wine Stock Paste

Balsamic Vinegar



Redcurrant Jelly



Wholegrain Mustard

Before you start

Our fruit and veggies need a little wash before you

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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

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HelloFresh UK Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ

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 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.



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.



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.



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.



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.