

Honey Mustard Sausages and Onion Gravy

with Cavolo Nero Colcannon

20 Minutes • 1 of your 5 a day











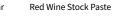






Cavolo Nero

Balsamic Vinegar





Redcurrant Jelly

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, Potato Masher.

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 sachet | 2 sachets | 2 sachets | |
| Redcurrant Jelly | 25g | 37g | 50g | |
| *Not Included **Store in the Fridge | | | | |

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 485g | 100g |
| Energy (kJ/kcal) | 2418 /578 | 499 /119 |
| Fat (g) | 21 | 4 |
| Sat. Fat (g) | 7 | 2 |
| Carbohydrate (g) | 68 | 14 |
| Sugars (g) | 20 | 4 |
| Protein (g) | 25 | 5 |
| Salt (g) | 3.82 | 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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Bake the Sausages

- **a)** Preheat your oven to 220°C. Fill and boil your kettle.
- **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:** Wash your hands after handling raw meat. 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 put onto 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 6 mins left, add the **cavolo nero** to the pan of **potatoes**. TIP: Discard any tough stalks from the cavolo nero.
- **b)** Submerge the **cavolo nero** in the **boiling water** or cover with a lid so it cooks.
- c) Cook until tender, 6-7 mins.



Finish Off

- **a)** Lower the heat of the pan with the **onions** to medium 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) Stir in the red wine stock paste and redcurrant jelly. 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 a knob of **butter** (if you have some). Season to taste with **salt** and **pepper colcannon** made.
- **c)** Share the **colcannon** between your plates and serve the **sausages** alongside.
- d) Spoon the gravy over the sausages and tuck in.

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.

