

# Honey Mustard Sausages with Sticky Red Onion Gravy and Sweet Potato Mash

Classic

35 Minutes • 2 of your 5 a day









**Baking Potato** 







**Red Onion** 



Balsamic Vinegar



Red Wine Stock Paste



Tenderstem® Broccoli

## Before you start

Our fruit and veggies need a little wash before you

# Cooking tools, you will need:

Saucepan, Baking Tray, Frying Pan, Wooden Spoon, Colander, Bowl, Measuring Jug, Potato Masher.

### Ingredients

	2P	3P	4P
Honey Mustard Sausages 9) 14)**	4	6	8
Sweet Potato**	2	3	4
Baking Potato**	1	1	2
Red Onion**	1	11/2	2
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Water for Gravy*	200ml	300ml	400ml
Red Wine Stock Paste <b>14</b> )	1 sachet	1½ sachets	2 sachets
Tenderstem® Broccoli**	150g	200g	300g

<sup>\*</sup>Not Included \*\*Store in the Fridge

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	673g	100g
Energy (kJ/kcal)	3159 /755	470 /112
Fat (g)	21	3
Sat. Fat (g)	8	1
Carbohydrate (g)	113	17
Sugars (g)	32	5
Protein (g)	28	4
Salt (g)	3.87	0.58

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

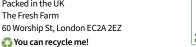
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## Sausage Time

Preheat your oven to 200°C and put a large saucepan of water with a ½ tsp of salt on to boil for the potatoes. Put the sausages on a lightly oiled baking tray. Roast on the top shelf of your oven for 20-25 mins. Turn halfway through cooking. **IMPORTANT:** The sausages are cooked when they are no longer pink in the middle. Remember to wash your hands and equipment after handling raw meat.



# Prep the Veggies

Meanwhile, peel and chop the sweet potato and white potato into 2cm chunks. Add to the boiling water and simmer until tender, 15-20 mins. TIP: The potatoes are ready when you can easily slip a knife through them. Meanwhile, halve, peel and thinly slice the **red onion**. Heat a splash of **oil** in a frying pan on medium heat. Add the **onion** and cook until soft, 8-10 mins, stirring often. Add the balsamic vinegar and cook for 2 mins.



# Mash your Spuds

Once the **potatoes** are cooked, drain them in a colander set over a bowl or jug to retain the potato water (see ingredients for amount) for the gravy. Return the **potato** to the original saucepan, add a knob of butter (if you have some) and mash until smooth. Season to taste with salt and pepper, then cover with a lid to keep warm.



# Make the Gravy

Add the reserved **potato water** to the pan with the **onion** along with the **red wine stock paste**. TIP: If you have any red wine, add a splash at this point for extra flavour. Bring to the boil, then lower the heat and simmer until your gravy has reduced and thickened, 5-6 mins. Simply add a splash more water if it gets too thick. If you are feeling decadent, add a knob of butter (if you have some).



# Cook the Broccoli

Meanwhile, when your sausages have about 15 mins left in the oven, add the **Tenderstem**® broccoli to another baking tray. Drizzle on a little oil and season with salt and pepper. Roast for the remaining time, 12-15 mins. TIP: The broccoli should be tender and slightly crispy.



#### Serve

Serve the **honey mustard sausages** on top of a large helping of mash, with some red onion gravy spooned over and the **broccoli** alongside.

# 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.