



Honey Mustard Sausages and Sticky Red Onion Gravy with Sweet Potato Mash and Tenderstem® Broccoli

Classic 40 Minutes • 2 of your 5 a day

3



Honey Mustard Sausages



Sweet Potato



Potato



Red Onion



Balsamic Vinegar



Tenderstem® Broccoli



Red Wine Stock Paste

Before you start

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

Cooking tools, you will need:

Baking Tray, Saucepan, Frying Pan, Colander and Potato Masher.

Ingredients

	2P	3P	4P
Honey Mustard Sausages** 9) 14)	4	6	8
Sweet Potato**	1	1	2
Potato**	1	1	2
Red Onion**	1	1½	2
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Tenderstem® Broccoli**	150g	200g	300g
Potato Water*	150ml	225ml	300ml
Red Wine Stock Paste 14)	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	548g	100g
Energy (kJ/kcal)	2784 /665	508 /121
Fat (g)	21	4
Sat. Fat (g)	7	1
Carbohydrate (g)	88	16
Sugars (g)	24	4
Protein (g)	27	5
Salt (g)	3.90	0.71

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!



Cook the Sausages

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



Prep the Veggies

Meanwhile, peel and chop the **sweet** and **white potatoes** 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. Meanwhile, heat a drizzle of **oil** in a frying pan over medium heat. Halve, peel and thinly slice the **red onion**. When hot, add the **onion** to the pan. Cook until soft, 8-10 mins, stirring often. Add the **balsamic vinegar** and bubble, 2 mins.



Cook the Broccoli

When your **sausages** have about 15 mins left in the oven, halve any large **broccoli stems**, then add them to the other side of the baking tray. Drizzle with **oil** and season. Roast for the remaining time, 10-15 mins. **TIP:** The broccoli should be tender and slightly crispy.



Mash your Spuds

Once the **potatoes** are cooked, drain in a colander over a bowl or jug to retain the **potato water** (see ingredients for amount) for the **gravy**. Return the **potato** to the saucepan, add a knob of **butter** (if you have any) 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 now for extra flavour. Bring to the boil, then lower the heat and simmer until your **gravy** has reduced and thickened, 5-6 mins. If it gets too thick, simply add a splash of **water**. If you're feeling decadent, add a knob of **butter** (if you have any).



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.