



OVEN-BAKED SAUSAGES

with Broccoli & Potato Gratin and Glazed Carrots



HELLO THYME

The ancient Egyptians used thyme in the mummification process!



Potato



Broccoli



Thyme



Carrot



Red Onion



Cheddar Cheese



Pancetta



Double Cream



Dijon Mustard



Panko Breadcrumbs



Toulouse Sausage



Honey



Balsamic Vinegar

MEAL BAG

Hands-on: 30 mins
Total: 50 mins

Family Box

3.5 of your
5 a day

Little heat

This meal is like a meeting of the Tasty Things Association. Potato is rubbing shoulders with pancetta, cheese and broccoli in a gorgeous gratin. Carrots are getting on like a house on fire with honey and thyme. And is that sausage and onion having a little dance? You won't know what to eat first. May we suggest a bit of everything?

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Peeler, Coarse Grater, Colander, Frying Pan (with a Lid), Ovenproof Dish, Measuring Jug** and two **Baking Trays**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 210°C. Put a large saucepan of **water** with a pinch of **salt** on to boil. Peel and chop the **potato** into 2cm chunks and separate the **broccoli** into florets. Pick the **thyme leaves** (discard the stalks). Peel the **carrot** and remove the top and bottom, then halve lengthways and chop into batons about the length of your index finger. Halve, peel and thinly slice the **red onion** into half moons. Grate the **cheddar cheese**.



4 COOK THE SAUSAGES

Put the **sausages** on a baking tray. Cook on the middle shelf of your oven for 25 mins. At the same time, put the **carrot** on another baking tray. Drizzle with a little **oil** and the **honey**. Sprinkle over the remaining **thyme leaves**, a pinch of **salt** and a grind of **pepper**. Give the tray a good shake. Cook in your oven for 25 mins. **★ TIP:** *If your oven only has two shelves, just move the carrots to the very bottom.*



2 FRY THE PANCETTA

Add the **potato** to your pan of boiling water. Cook for 10 mins, then add the **broccoli** and cook for a further 5 mins. Drain in a colander and leave to steam dry for 2 mins. Meanwhile, drizzle some **oil** into a frying pan on medium heat and add the **pancetta**. Cook for 4 mins or until crispy. Remove from the heat and set aside.



5 CARAMELISE THE ONION

Add a splash of **oil** to the frying pan you used for the pancetta (no need to wash!). Put on medium heat and add the **onion**. Season with **salt, pepper** and a pinch of sugar (if you have some). Cook for 10 mins, stirring occasionally until soft. Add the **balsamic vinegar**. Cook for a further 10 mins on very low heat. When the **onion** is soft and caramelised, put a lid on the pan and set aside.



3 MAKE THE GRATIN

Pop the **potato, broccoli** and **pancetta** into an ovenproof dish. Pour the **cream** into a measuring jug and add **half the thyme leaves, half the cheese** and all the **mustard**. Season with a pinch of **salt**, a grind of **pepper** and mix together. Pour over the **cream mixture** and top with the **breadcrumbs**, remaining **cheese** and another pinch of **salt** and **pepper**. Cook on the top shelf of your oven for 25-30 mins or until brown and bubbling.



6 SERVE

When the **gratin** is brown and bubbling, the **carrots** are roasted and the **sausages** cooked, remove them all from your oven. Serve on plates, with a spoonful of **caramelised onion** on the side. **Delicious!**

4 PEOPLE INGREDIENTS

Potato, chopped	1 pack
Broccoli, florets	1
Thyme	1 bunch
Carrot, chopped	4
Red Onion, sliced	2
Cheddar Cheese, grated 7)	60g
Pancetta	1 pack
Double Cream 7)	2 small pots
Dijon Mustard 9)	1 tbsp
Panko Breadcrumbs 13)	50g
Toulouse Sausage 14)	8
Honey	1 tbsp
Balsamic Vinegar 14)	1 tbsp

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 667G	PER 100G
Energy (kcal)	1094	160
(kJ)	4562	667
Fat (g)	77	11
Sat. Fat (g)	41	6
Carbohydrate (g)	62	9
Sugars (g)	23	3
Protein (g)	39	6
Salt (g)	3.03	0.44

ALLERGENS

7) Milk 9) Mustard 13) Gluten 14) Sulphites

Dijon Mustard: Water, Mustard Seeds (30%), Spirit Vinegar, Salt, Acidity Regulator: Citric Acid.

Balsamic Vinegar: Concentrated grapes must, Wine vinegar (contains sulphites).

🧼 Wash your hands before and after handling. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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

Packed in the UK

