



Oven-Baked Sausages and Onion Gravy with Spring Greens and Mixed Potato Champ

Family 30-35 Minutes • 1 of your 5 a day

10



Potatoes



Sweet Potato



Spring Onion



Honey Mustard Sausages



Sliced Spring Greens



Onion Marmalade



Beef Stock Paste



Unsalted Butter

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, baking tray, colander and potato masher.

Ingredients

	2P	3P	4P
Potatoes	450g	700g	900g
Sweet Potato**	1	2	2
Spring Onion**	1	2	2
Honey Mustard Sausages** 9) 14)	4	6	8
Sliced Spring Greens**	150g	200g	300g
Onion Marmalade	80g	120g	160g
Water for the Gravy*	50ml	75ml	100ml
Beef Stock Paste	10g	15g	20g
Unsalted Butter** 7)	30g	30g	30g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	617g	100g
Energy (kJ/kcal)	3483 /832	565 /135
Fat (g)	34.6	5.6
Sat. Fat (g)	15.9	2.6
Carbohydrate (g)	98.4	16.0
Sugars (g)	32.1	5.2
Protein (g)	26.3	4.3
Salt (g)	3.10	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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The Fresh Farm

60 Worship St, London EC2A 2EZ

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** to the boil with **½ tsp salt** for the **potatoes**.

Chop the **white potatoes** and **sweet potatoes** into small 1cm chunks (peel first if you prefer).

Trim and thinly slice the **spring onion**.



Simmer the Onion Gravy

While the **potatoes** cook, pop the **onion marmalade** into a small saucepan on medium heat.

Stir in the **water for the gravy** (see ingredients for amount) and **beef stock paste**, then bring to a simmer and cook until slightly reduced, 3-4 mins. Remove from the heat.



Bake the Sausages

Pop the **sausages** onto a baking tray.

When the oven is hot, roast on the middle shelf until golden brown and cooked through, 20-25 mins. Turn halfway through. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The sausages are cooked when no longer pink in the middle.



Make your Champ

When the **potatoes** and **greens** are cooked, drain in a colander and pop back into the pan, off the heat.

Add the **butter** and a splash of **milk** (if you have any), then season with **salt** and **pepper**. Roughly mash together, then stir through the **spring onion - champ** done!

Taste and add more **salt** and **pepper** if needed.



Cook the Veg

Meanwhile, add both types of **potato** to the pan of **boiling water** and cook until you can easily slip a knife through, 15-20 mins.

Add the **spring greens** to the pan for the last 5 mins to simmer until tender.



Serve

When everything is ready, pop the **sausages** onto your plates with a generous helping of **champ** alongside.

Spoon over the **onion gravy** to finish.

Enjoy!