



Pork and Caramelised Onion Sausages

with Celeriac Colcannon and Apple Chutney Gravy

CLASSIC 25 Minutes • 1 of your 5 a day



Celeriac



Potato



Spring Onion



Cheddar Cheese



Pork and Caramelised
Onion Sausages



Plain Flour



Apple Chutney



Chicken Stock Powder



Chopped Savoy
Cabbage

Before you start

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

Basic cooking tools, you will need:

Baking Tray, Large Saucepan, Coarse Grater, Small Saucepan, Measuring Jug and Colander.

Ingredients

	2P	3P	4P
Celeriac** 10)	½	1	1½
Potato**	1	1	2
Spring Onion**	2	3	4
Cheddar Cheese** 7)	1 block	1½ blocks	2 blocks
Pork and Caramelised Onion Sausages** 14)	4	6	8
Olive Oil*	1 tsp	1½ tsp	2 tsp
Plain Flour 13)	8g	12g	16g
Apple Chutney	1 pot	2 pots	2 pots
Water for Gravy*	200ml	300ml	400ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Chopped Savoy Cabbage**	100g	150g	200g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	815g	100g
Energy (kJ/kcal)	2682 /641	329 /79
Fat (g)	28	3
Sat. Fat (g)	10	1
Carbohydrate (g)	67	8
Sugars (g)	16	2
Protein (g)	31	4
Salt (g)	3.09	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Contact

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1. Prep Time

Preheat your oven to 200°C. Lightly oil a baking tray and pop it into the oven. Pop a large pan of water onto boil, we will use it for the colcannon mash. Peel and chop both the celeriac (see ingredient list for amount) and potato into 2cm chunks. Trim and thinly slice the spring onion. Grate the cheddar on the coarse side of your grater.



4. Make the Gravy

Meanwhile, heat the oil (see ingredients for amount) in a small saucepan over medium heat. Stir in the flour until you have a paste. Cook for a minute then stir in the apple chutney. Gradually add the water (see ingredients for amount), stirring out any lumps that form. Stir in the stock powder, bring to the boil then lower the heat and simmer until the gravy has thickened to your liking, 8-10 mins.



2. Start the Mash

Add the potatoes and the celeriac to the pan of water along with a good pinch of salt. Bring to the boil then lower the heat and simmer until you can easily slip a knife through the potatoes and celeriac, 15-20 mins.



5. Add the Cabbage

When the potatoes and celeriac are almost cooked, add the cabbage to the pan and cook until tender, 3-4 mins. Drain in a colander, allow to steam dry for 1-2 mins, then return to the pan. Mash the potatoes and celeriac and then stir in the cheddar, half the spring onion and a knob of butter (if you have some). Season well with salt and pepper and get ready to serve.



3. Bake the Sausages

Carefully arrange the sausages in the hot baking tray and roast in the oven until browned and cooked through, 20 mins. Turn halfway through cooking. **IMPORTANT:** The sausages are cooked when no longer pink in the middle.



6. Serve

Reheat your gravy before serving, adding a splash of water if you think it is needed. Share the colcannon mash between your plates and sprinkle the remaining spring onion on top. Lay the sausages alongside and then pour over the gravy.

Dig in!