



Pork & Oregano Sausages

with Glazed Apples and Savoy Cabbage Mash

CLASSIC 30 Minutes



Potato



Pork and
Oregano Sausage



Chicken
Stock Powder



Apple and Sage Jelly



Apple



Butter



Dried Thyme



Chopped Savoy
Cabbage

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Baking Tray, Measuring Jug, Frying Pan and a Potato Masher.

Ingredients

	2P	3P	4P
Potato**	2	3	4
Pork and Oregano Sausage 13 14 **	4	6	8
Water for the Sauce*	50ml	75ml	100ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Apple and Sage Jelly	3 pots	5 pots	6 pots
Apple**	1	2	2
Butter 7 **	30g	45g	60g
Dried Thyme**	½ sachet	¾ sachet	1 sachet
Chopped Savoy Cabbage**	1 pack	1 pack	2 packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	536g	100g
Energy (kJ/kcal)	3590 / 858	670 / 160
Fat (g)	40	7
Sat. Fat (g)	19	4
Carbohydrate (g)	110	21
Sugars (g)	31	6
Protein (g)	28	5
Salt (g)	3.18	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **13)** Gluten **14)** Sulphites

Wash your hands before and after handling ingredients.

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!



Packed in the UK



1. Boil the Potatoes

Preheat your oven to 200°C and bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Chop the **potato** (no need to peel!) into 2cm chunks. Pop your **potatoes** into your pan of boiling **water** and cook until tender, 15-20 mins. We will add the cabbage for the final 5 mins. **TIP:** *The potatoes are cooked when you can easily slip a knife through them.* When done, drain in a colander and return to the pan, off the heat.



4. Make the Sauce

Melt **half** the **butter** in a frying pan over medium-low heat. Add the **apple** and **thyme** and cook until the **apple** is browned all over, 8-10 mins. Turn every minute or so to make sure it colours evenly. Pour in the **jelly stock mixture** and increase heat to medium. Simmer until the **apple** is soft and the **sauce** is glossy, 4-5 mins. Lower the heat and keep warm until you are ready to serve. **TIP:** *If your sauce reduces too much, simply add a splash of water to loosen it up.*



2. Cook the Sausages

Meanwhile, place the **sausages** on an oiled baking tray and put them on the top shelf of your oven for 20-25 mins. Turn halfway through to make sure they cook evenly. **IMPORTANT:** *The sausages are cooked when they are no longer pink in the middle.*



5. Mash the Potato

When the potatoes have 5 minutes cooking time left, add the **cabbage** to the potato pan and cook until soft, 4-5 minutes. When the **potato** and **greens** are ready, drain and roughly mash them together with the remaining **butter**. Taste and add more **salt** and **pepper** if you feel it needs it.



3. Prep the Sauce

Fill and boil your kettle. Pour the boiling **water** (see ingredients for amount) into a measuring jug. Add the **chicken stock powder** and the **apple and sage jelly**. Stir until dissolved. Quarter the **apple** (no need to peel) and remove the core. Cut each quarter in half.



6. Finish and Serve

Serve the **sausages** with the **mash** and **glazed apple sauce**.

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.