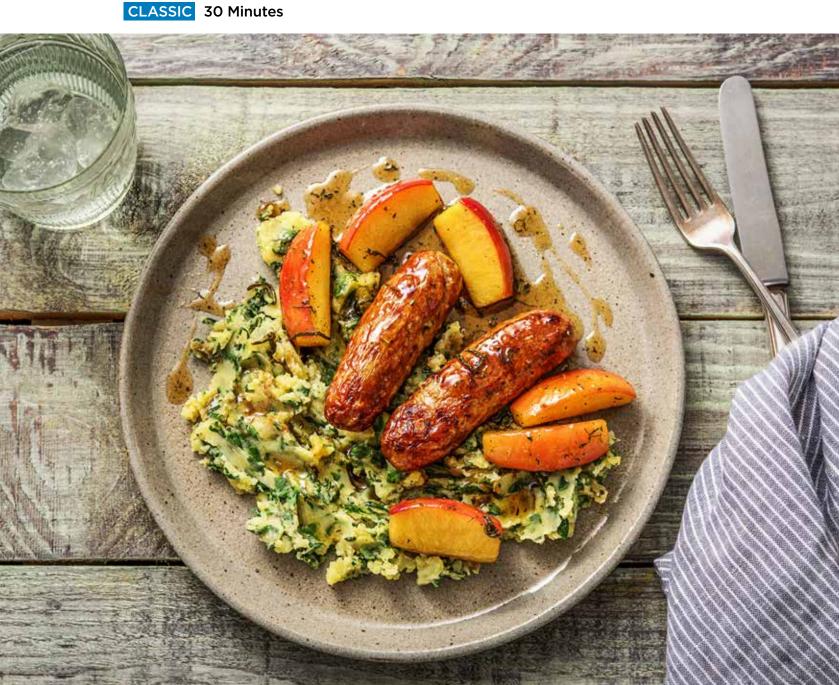


# Pork & Oregano Sausages

with Glazed Apples and Savoy Cabbage Mash







Potato







Chicken



Stock Powder





Apple and Sage Jelly



Dried Thyme



Chopped Savoy Cabbage

# Before you start

Our fruit, veggies and herbs need a wash before vou 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 <b>13) 14)</b> **	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 <b>7)</b> **	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**

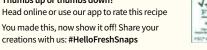
7) Milk 13) Gluten 14) Sulphites

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.

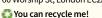
Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

#### Contact

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







## 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.



## 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.



# 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.



## 4. Make the Sauce

Melt **half** the **butter** in a frying pan over mediumlow 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.



## 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.



## 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.