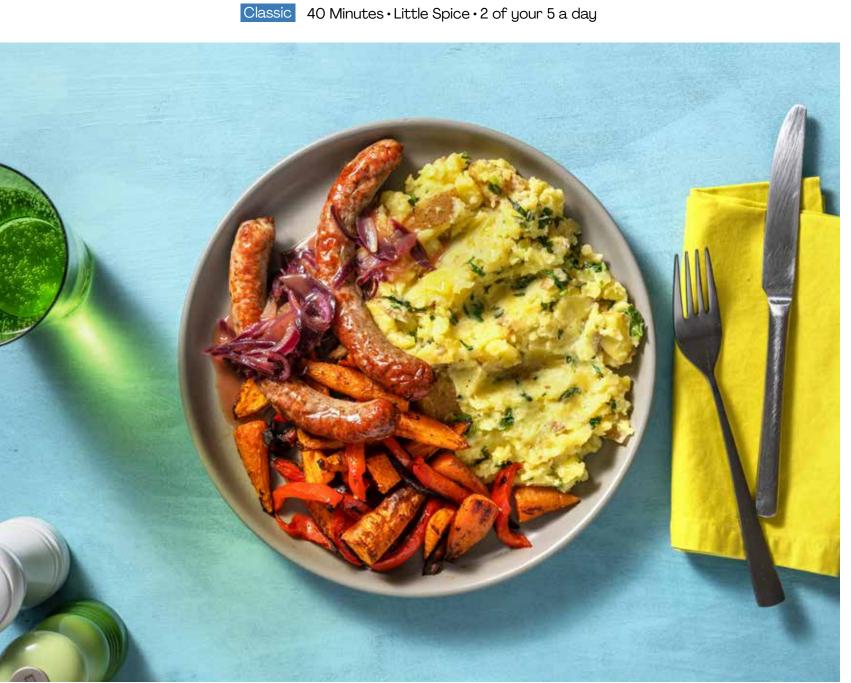


# Sausages and Mash

with Jerk Spiced Veggies and Mango Chutney Gravy











Chantenay Carrot



Jerk Spice Mix







Caramelised Onion Sausages



Chicken Stock Paste





Mango Chutney



Flat Leaf Parsley

## Before you start

Our fruit and veggies need a little wash before you

# Cooking tools, you will need:

Saucepan, Baking Tray, Wooden Spoon, Measuring Jug, Colander, Plate.

## Ingredients

	2P	3P	4P	
Bell Pepper***	1	2	2	
Red Onion**	1	1	2	
Chantenay Carrot	225g	300g	450g	
Jerk Spice Mix 9)	1 small sachet	1 large sachet	2 small sachets	
Caramelised Onion Sausages 14)**	4	6	8	
Potato**	450g	700g	900g	
Water for the Sauce*	150ml	225ml	300ml	
Chicken Stock Paste	10g	15g	20g	
Mango Chutney	1 sachet	2 sachets	2 sachets	
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch	
*Not Included **Store in the Fridge ***Based on season,				

#### **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	625g	100g
Energy (kJ/kcal)	2287 /547	366 /88
Fat (g)	16	3
Sat. Fat (g)	6	1
Carbohydrate (g)	71	11
Sugars (g)	24	4
Protein (g)	24	4
Salt (g)	3.42	0.55

the colour of your bell pepper will either be yellow, red, orange or green to quarantee you get the best quality

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

9) Mustard 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

#### Contact

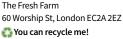
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# Prep the Veg

Preheat your oven to 200°C, put a large saucepan of water with ½ tsp salt on to boil for the potatoes. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve, peel and finely slice the red onion. Trim and halve the carrots lengthways (no need to peel).



## **Get Baking**

Put the **pepper** and **carrots** on a baking tray, drizzle with oil, sprinkle with the jerk seasoning and season with salt and pepper. Toss to coat and spread out in a single layer. Pop the **sausages** on top of the **peppers** and **carrots**. **IMPORTANT**: Remember to wash your hands and equipment after handling raw meat. Roast the sausages and veg on the top shelf until the veg are soft and the sausages cooked, 25-30 mins.



#### Cook the Potatoes

Chop the potatoes into 2cm chunks (no need to peel). When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



# Make the Gravy

Meanwhile, heat a drizzle of oil in a medium saucepan on medium heat. Once hot, add the onion and season with salt. Cook the onion until soft, 8-10 mins. Add the water (see ingredients for amount) and the **chicken stock paste**, stir to combine then bring to a simmer. Add the mango chutney, stir and simmer until thickened, 5-6 mins. Taste and season with salt and pepper.



#### Make the Mash

Meanwhile, roughly chop the **parsley** (stalks and all). Once the **potatoes** are ready, drain in a colander and return to the pan. Add a knob of **butter** and a splash of **milk** (if you have some). Season with salt and pepper and mash until smooth. Stir through the parsley. TIP: If the potatoes are cooked before the sausage and veggies, simply put a lid on the pan to keep it warm until everything else is ready.



#### Finish and Serve

Reheat the gravy if you need to - add a splash of water if it's a bit thick. When the sausages are browned and cooked and the veggies are soft, remove the baking tray from your oven. **IMPORTANT:** The sausages are cooked when no longer pink in the middle. Serve the mash with the sausage and veggies with the mango chutney gravy on top.

## 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.