



# Sausages and Mash

with Jerk Spiced Veggies and Mango Chutney Gravy

Classic 40 Minutes • Little Spice • 2 of your 5 a day

Nº 5



Bell Pepper



Red Onion



Chantenay Carrot



Jerk Spice Mix



Caramelised  
Onion Sausages



Potato



Chicken Stock Paste



Mango Chutney



Flat Leaf Parsley

## Before you start

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

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

## 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

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, Soy, Gluten & Sulphites.

## Contact

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## 1 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).



## 2 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.



## 3 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.



## 4 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**.



## 5 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.



## 6 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.