



Sausages and Parsley Mash

with Jerk Spiced Veggies and Mango Chutney Gravy

Calorie Smart 40 Minutes • Mild Spice • 2 of your 5 a day • Under 600 Calories

26



Bell Pepper



Red Onion



Chantenay Carrot



Caribbean Style Jerk



Caramelised Onion Sausages



Potatoes



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:

Baking Tray, Saucepan, Measuring Jug and Potato Masher.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Red Onion**	1	1	2
Chantenay Carrot**	225g	300g	450g
Caribbean Style Jerk 9)	1 sachet	1 sachet	2 sachets
Caramelised Onion Sausages** 14)	4	6	8
Potatoes**	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 or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	633g	100g
Energy (kJ/kcal)	2409/576	381/91
Fat (g)	16	3
Sat. Fat (g)	6	1
Carbohydrate (g)	80	13
Sugars (g)	31	5
Protein (g)	24	4
Salt (g)	3.35	0.53

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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The Fresh Farm
60 Worship St, London EC2A 2EZ

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Prep the Veg

Preheat your oven to 200°C. Put a large saucepan of **water** with $\frac{1}{2}$ 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).



Gravy Time

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 for the sauce** (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**.



Get Baking

Put the **pepper** and **carrots** on a baking tray. Drizzle with **oil**, sprinkle with the **Caribbean style Jerk** and season with **salt** and **pepper**. Toss to coat then 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 on the top shelf of your oven until the **veg** is soft and the **sausages** are cooked, 25-30 mins.



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 sausages and veggies, simply put a lid on the pan to keep it warm until everything else is ready.



Cook the Potatoes

Chop the **potatoes** into 2cm chunks (peel first if you prefer). When the **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.



Finish and Serve

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

Enjoy!

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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.