



# Sausages and Mushroom Vin Sauce

with Roasted Carrots and Roasted Garlic Mash

**FAMILY** Hands on Time: 30 Minutes • Total Time: 40 Minutes • 2 of your 5 a day



Chantenay Carrot



Pork and Oregano Sausages



Garlic Clove



Potato



Closed Cup Mushrooms



Echalion Shallot



Flat Leaf Parsley



Bacon Lardons



Red Wine Stock Pot

## Before you start

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

### Basic cooking tools, you will need:

Saucepan, Baking Tray, Frying Pan and Measuring Jug.

### Ingredients

	2P	3P	4P
Chantenay Carrot**	1 pack	1½ packs	2 packs
Pork and Oregano Sausages <b>13</b> <b>14</b> **	4	6	8
Garlic Clove**	2 cloves	3 cloves	4 cloves
Potato**	1 small pack	1 large pack	2 small packs
Closed Cup Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Echalion Shallot**	1	1	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Bacon Lardons**	60g	90g	120g
Water for the Sauce*	125ml	200ml	250ml
Red Wine Stock Pot <b>14</b>	½ pot	¾ pot	1 pot

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	627g	100g
Energy (kJ/kcal)	2659 /636	424 /101
Fat (g)	29	5
Sat. Fat (g)	11	2
Carbohydrate (g)	67	11
Sugars (g)	13	2
Protein (g)	28	5
Salt (g)	3.47	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**13** Gluten **14** Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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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## 1. Get Started!

Preheat your oven to 200°C and bring a large saucepan of **water** to the boil over high heat with ½ tsp of **salt**. Trim the **carrots** (no need to peel) and halve lengthways. Pop them onto a large baking tray and season with **salt** and **pepper**. Toss to coat, then arrange in a single layer to one side. Pop the **sausages** on the other side of the tray, drizzle with **oil**.



## 4. Finish the Prep

Meanwhile, thinly slice the **mushrooms**. Halve, peel and thinly slice the **shallot**. Roughly chop the **parsley** (stalks and all).



## 2. Roast!

Bake the **carrots** and **sausages** on the top shelf until the **carrots** are tender and the **sausages** are golden brown and cooked through 20-25 mins. **TIP:** Use two trays if you need to. **IMPORTANT:** The sausages are cooked when no longer pink in the middle. Meanwhile, peel the **garlic clove(s)** and pop into a square of foil with a drizzle of **oil** and scrunch to enclose it. Roast on your baking tray in your oven until soft, 10-12 mins, then carefully remove from the oven and set aside.



## 5. Make the Sauce

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **bacon lardons** and fry until golden and crisp, 3 mins. **IMPORTANT:** Cook the **bacon lardons** throughout. Add the **mushrooms** and season with **salt** and **pepper**. Stir-fry until the **mushrooms** are golden, 4-5 mins. Add the **shallot** and fry until soft, 2-3 mins. Pour in the **water** for the sauce (see ingredients for amount) and add the **red wine stock pot**. Stir to dissolve the **stock pot**, then then lower heat and simmer until the **sauce** has thickened slightly and is glossy, 3-4 mins. Remove from the heat.



## 3. Cook the Potatoes

Meanwhile, chop the **potatoes** into 2cm chunks (no need to peel) and pop them into your pan of boiling **water**. Simmer until tender, 15-20 mins. **TIP:** The potatoes are cooked when you can easily slip a knife through them. Once cooked, drain in a colander and pop them back in their pan. Cover with a lid to keep warm.



## 6. Mash the Potato

Carefully remove the **garlic** from the foil, transfer to a chopping board and mash with the back of a fork until smooth. Add it to the **potato** along with the **parsley**, a knob of **butter** and a splash of **milk** (if you have some). Add **salt** and **pepper** to taste and mash until smooth. Reheat the **sauce** if you need to, adding a splash of **water** if it is too thick. Divide the **sausages** between plates then serve with the **mash**, **carrots** and **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.