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## Sausages with Parmesan Swede Chips, Tenderstem and Red Onion Relish

Sausage and mash is an absolute classic. But you know how we treat classics at HelloFresh, right? We like to give them a bit of a twist and sprinkle some healthy magic dust on top. So, here's our sausage with parmesan swede chips. What a treat! And don't forget your red onion relish. It's more bangin' than bangers and mash, trust us!

45 mins

gluten free

healthy

5 of your 5 a day



Swede (1)



Parmesan Cheese (2 tbsps)



Rosemary (2 sprigs)



Pork and Oregano Sausage (4)



Red Onion (1)



Garlic Clove (1)



Tenderstem Broccoli (1 pack)



Balsamic Vinegar (1 tbsps)

## 2 PEOPLE INGREDIENTS

- Swede, chopped
- Parmesan Cheese
- Rosemary, chopped
- Pork and Oregano Sausage
- Red Onion, sliced

- 1 • Garlic Clove, chopped
- 2 tbsps • Tenderstem Broccoli, halved
- 2 sprigs • Balsamic Vinegar
- 4
- 1
- 1
- 1 pack
- 1 tbsp

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Swede is called 'rutabaga' in the United States.

**Allergens:** Milk, Sulphites.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	472 kcal / 1972 kJ	31 g	10 g	23 g	12 g	27 g	0 g
Per 100g	76 kcal / 317 kJ	5 g	2 g	4 g	2 g	4 g	0 g



**1** Pre-heat your oven to 220 degrees. Peel and chop the **swede** in half, then chop into chip shaped pieces roughly the length of your index finger and 1cm wide. Grate the **parmesan**, pull the **rosemary** leaves off their stalks and roughly chop them.



**2** Put your **swede chips** on a baking tray, drizzle over some **olive oil** and sprinkle over a pinch of **salt**, a good grind of **pepper** and half your **rosemary**. Give the tray a good shake and then put in your oven on the top shelf for 20 mins. When 20 mins are up, take your **swede** tray out of your oven, turn them over, add the **parmesan** to the baking tray and give it all a good shake. Pop back into your oven on the top shelf for another 10-15 mins.



**3** Meanwhile, you can tackle the sausages. Place the **sausages** onto another baking tray, prick them each a couple of times with a sharp knife or fork and put them in your oven on the second shelf for 30 mins, turning halfway through.

**4** Now you can prepare the red onion relish and veggies. Chop the **onion** in half through the root, peel and slice thinly into half moon shapes. Peel and finely chop the **garlic** and cut the **tenderstem broccoli** in half lengthways.



**5** Heat a splash of **olive oil** on low heat in a non-stick saucepan. Add in your **red onion** with a sprinkling of **sugar** (if you have some) and a pinch of **salt** and **pepper**. Cook slowly for 10 mins, stirring occasionally and then add the **balsamic vinegar** and continue cooking gently for another 10-15 mins. When your onion is looking lovely and caramelised, put a lid on the pan and leave to the side until everything else is ready.

**6** About 7 mins before everything is ready, add a splash of **oil** to a frying pan on medium heat and add your **tenderstem broccoli** and the rest of your **rosemary**. Stir-fry for 5 mins before adding your **garlic** and stir-frying for a further minute.

**7** Serve your **sausages** with your **swede chips**, stir-fried **tenderstem broccoli** and **red onion relish** on the side. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!