







More Than Food
HelloFresh.co.uk



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Spicy Sausage with Broccoli Mash and Cheat's Red Onion Gravy

We have added a sneaky HelloFresh twist to the family favourite, sausage and mash, by adding broccoli to the mash! Not only is it creamy and delicious, but with the hidden nutritional benefit of broccoli, it's a real winner!

 30 mins

 1.5 of your 5 a day

 mealkit



Red Potato
(1 pack)



Broccoli
(1)



Spring Onion
(3)



Spiced Pork Sausage
(4)



Caramelised Red Onion
Marmalade (3 tbsp)



Water
(100ml)




Chicken Stock Pot
(1/2)



Netherend Butter
(15g)

2 PEOPLE INGREDIENTS

- Red Potato, chopped **1 pack**
- Broccoli, florets **1**
- Spring Onion, sliced **3**
- Spiced Pork Sausage **4**
- Caramelised Red Onion Marmalade **3 tbsp**
- Water **100ml**
- Chicken Stock Pot **½**
- Netherend Butter **15g**

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

Did you know...

Spring onions are young onions that have been harvested before the bulb has had a chance to swell.

Allergens: Milk, Sulphites.

Nutrition as per prepared and listed ingredients

| | Energy | Fat | Sat. Fat | Carbohydrate | Sugars | Protein | Salt |
|--------------------|--------------------|------|----------|--------------|--------|---------|------|
| Per serving | 586 kcal / 2455 kJ | 28 g | 11 g | 51 g | 13 g | 32 g | 2 g |
| Per 100g | 110 kcal / 461 kJ | 5 g | 2 g | 10 g | 2 g | 6 g | 0 g |

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

1



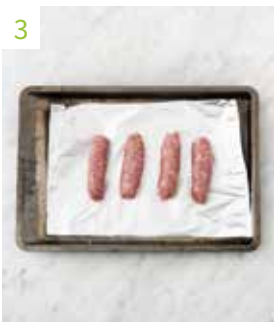
1 Pop a pot of water, big enough to hold the potato and broccoli, on high heat and add a generous pinch of **salt**. Preheat your grill to medium-high setting. Chop the **potato** into 2cm chunks (no need to peel!) and add to the water. Bring to the boil, then reduce the heat until gently bubbling. Cook for 20 mins.

2



2 Meanwhile, cut the **broccoli** into small florets (small trees!) and keep to one side. Remove the roots from the **spring onion** and slice as thinly as you can.

3



3 Pop the **sausages** on a foil lined baking tray and grill for 12-15 mins. Turn every few mins to make sure they cook and brown evenly. **Tip:** *The sausages are cooked when they are no longer pink in the middle.*

5



4 When your **potato** is almost cooked, add your **broccoli** to the pot for 5 mins. **Tip:** *They should both be nice and soft so you can mash them easily - you should be able to easily slip a knife through both the potato and the broccoli.*

5 Put the **red onion marmalade** into a small pan and add the **water** (amount specified in the ingredient list). Bring to the boil over medium heat, add the **chicken stock pot** and stir to dissolve. Simmer for 5 mins until your **gravy** has reduced by half.

6 When your **potato** and **broccoli** are ready, drain into a colander and leave for a few mins before returning to the pot. Add the **butter** and **spring onion** and mash with a potato masher. Mix well and then season with **salt** and **black pepper** to taste.

7 Serve a generous amount of **broccoli mash** in the centre of your plate, top with your **spicy sausage** and then spoon over your **red onion gravy**. Yum!

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