



Spicy Sausages and Mash

with Caribbean-Style Veggies and Mango Chutney Gravy

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

5



Bell Pepper



Red Onion



Courgette



Jerk Seasoning



Caramelised
Onion Sausages



Potato



Chicken
Stock Powder



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, Two Saucepans, Colander and Potato Masher.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Red Onion**	1	1	2
Courgette**	1	2	2
Jerk Seasoning	1 small pot	¾ large pot	1 large pot
Caramelised Onion Sausages 14)**			
4	6	8	
Potato**	3	4	6
Water for the Gravy*	150ml	225ml	300ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
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	711g	100g
Energy (kJ/kcal)	2628 /628	370 /88
Fat (g)	16	2
Sat. Fat (g)	6	1
Carbohydrate (g)	90	13
Sugars (g)	29	4
Protein (g)	27	4
Salt (g)	3.28	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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.

Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Prep the Veggies

Preheat your oven to 200°C. Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve, peel and finely slice the **red onion**. Trim the **courgette**, then halve lengthways. Chop into roughly 1cm wide, 5cm long batons. Put the **pepper** on a baking tray.



Get Baking!

Drizzle the **peppers** with **oil** and sprinkle over the **jerk seasoning**. Season with **salt** and **pepper**, then toss to coat and spread out. Pop the **sausages** on top of the **peppers**. **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. Halfway through cooking add the **courgette**, give the tray a shake and put it back in your oven.



Cook the Potato

Meanwhile, put a large saucepan of **water** with 1/2 tsp of **salt** on to boil for the **potato**. Peel and chop the **potato** into roughly 2cm pieces and add to your pan of boiling **water**. Cook until soft, 15-20 mins. **TIP:** The potato is cooked when you can easily slip a knife through.



Make the Gravy

Meanwhile, heat a drizzle of **oil** in a medium saucepan over 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) with the **stock powder**, stir to dissolve and bring to a simmer. Add the **mango chutney**, stir and simmer until thickened, 5-6 mins. Taste and season with **salt** and **pepper**.



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.



Finish and Serve

Reheat the **gravy** if you need to. When the **sausages** are browned and cooked, and the **veggies** are soft, take the baking tray out of your oven. **IMPORTANT:** The sausage is cooked when it is 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.