



TUSCAN SAUSAGE

with Broccoli Mash and Cheat's Onion Gravy



HELLO BUTTER

It takes 21 pints of milk to make a pound of butter.



Potato



Broccoli



Spring Onion



Tuscan Pork Sausage



Unsalted Butter



Original Onion Marmalade



Chicken Stock Powder

MEAL BAG

30 mins

2 of your 5 a day

Little heat

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!

2

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan**, some **Foil**, **Baking Tray**, **Colander**, **Potato Masher**, **Frying Pan** and **Measuring Jug**. Now, let's get cooking!



1 COOK THE POTATOES

Preheat your grill to high heat. Bring a large saucepan of **water** (for the potato and broccoli) to the boil. Add a generous pinch of **salt**. Chop the **potato** into 2cm chunks (no need to peel!) and add to the pan of boiling **water**. Reduce the heat to simmer. Cook for 20 mins.



2 PREPARE THE VEG

In the meantime, chop the **broccoli** into florets (like small trees!) and set to one side. Trim the **spring onion** and thinly slice.



3 GRILL THE SAUSAGES

Pop the **sausages** onto a foil lined baking tray. Grill for 12-15 mins. Turn every few mins to make sure they brown evenly.

IMPORTANT: The sausages are cooked when they are no longer pink in the middle!



4 MASH

When there is 5 minutes left on the **potato**, add the **broccoli** to the pan and cook for the final 5 mins. **TIP:** They should be soft enough to mash, you should be able to easily slip a knife through both the potato and the broccoli. When cooked, drain in a colander and leave for 2-3 mins, then return to the pan along with the **spring onion** and **butter**. Mash with a potato masher. Season to taste with **salt** and **pepper** and cover with a lid to keep warm.



5 GRAVY TIME!

Put the **onion marmalade** into a frying pan and add the **water** (see ingredients for amount). Bring to the boil over medium heat, add the **chicken stock** and stir to dissolve. Simmer until the gravy has reduced by half, 5 mins.



6 SERVE

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

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Broccoli *	1	1½	2
Spring Onion *	3	4	6
Tuscan Pork Sausage *	4	6	8
Unsalted Butter 7) *	15g	30g	30g
Water	100ml	150ml	200ml
Original Onion Marmalade 14)	1 pot	1½ pots	2 pots
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet

* Store in the Fridge

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 602G	PER 100G
Energy (kcal)	744	124
(kJ)	3111	517
Fat (g)	33	5
Sat. Fat (g)	14	2
Carbohydrate (g)	77	13
Sugars (g)	19	3
Protein (g)	30	5
Salt (g)	2.67	0.44

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 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.

THUMBS UP OR THUMBS DOWN?

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