

TUSCAN SAUSAGE

with Broccoli Mash and Cheat's Onion Gravy





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

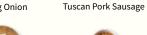








Spring Onion





Unsalted Butter

Original Onion Marmalade



Chicken Stock Powder

30 mins





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!

BEFORE YOU STAR

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!



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.



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.



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!



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

INGREDIENTS

1 small

pack

1

3

4

15g

1 pot

½ sachet

1 large

pack

11/2

4

6

30g

1½ pots 2 pots

2 small

packs

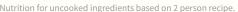
2

6

8

30g

1 sachet



ALLERGENS

Potato *

Broccoli *

Spring Onion *

Original Onion

Marmalade 14)

*Not Included

Tuscan Pork Sausage *

Unsalted Butter 7) *

Chicken Stock Powder

* Store in the Fridge

7) Milk 14) Sulphites

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.



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!

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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