



# Tuscan Style Sausage

with Cavolo Nero Colcannon and Balsamic Onion Gravy

**RAPID** 20 Minutes • Little Heat • 1 of your 5 a day



Tuscan Pork Sausage



Potato



Red Onion



Chopped Cavolo Nero



Balsamic Vinegar



Red Wine Stock Pot



Redcurrant Jelly



Wholegrain Mustard

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Large Saucepan (with a Lid), Foil, Baking Tray, Small Frying Pan, Measuring Jug, Colander and Potato Masher.

### Ingredients

	2P	3P	4P
Tuscan Pork Sausage <b>14</b> **	4	6	8
Potato**	1 small pack	1 large pack	2 small packs
Red Onion**	1	2	2
Chopped Cavolo Nero**	1 small pack	1 medium pack	1 large pack
Balsamic Vinegar <b>14</b>	1 sachet	2 sachets	2 sachets
Water for the Sauce*	100ml	200ml	200ml
Red Wine Stock Pot <b>14</b>	1 pot	2 pots	2 pots
Redcurrant Jelly	1 pot	2 pots	2 pots
Wholegrain Mustard <b>9</b>	1 pot	2 pots	2 pots

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	505g	100g
Energy (kJ/kcal)	2416 /578	478 /114
Fat (g)	22	4
Sat. Fat (g)	8	2
Carbohydrate (g)	69	14
Sugars (g)	16	3
Protein (g)	23	5
Salt (g)	3.99	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

9) Mustard **14** Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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Packed in the UK



## 1. Bake the Sausages

**a)** Fill and boil your kettle and preheat your oven to 200°C.

**b)** Pop the **sausages** on a baking tray and roast them on the top shelf of your oven until browned and cooked through, 20-25 mins, turning halfway through cooking. **IMPORTANT:** *The sausages are cooked when no longer pink in the middle.*



## 4. Cook the Cavolo Nero

**a)** When the **potatoes** have 5 mins left, add the **cavolo nero** to the pan of **potatoes**.

**b)** Submerge the **cavolo nero** in the boiling **water** or cover with a lid so it cooks.

**c)** Cook until tender, 5 mins.



## 2. Cook the Potatoes

**a)** Meanwhile, chop the **potatoes** into 2cm chunks (no need to peel!).

**b)** Pop them in a large saucepan along with ½ tsp of **salt**, cover with boiling **water** and put onto high heat.

**c)** Boil the **potatoes** until you can easily slip a knife through, 15-20 mins.



## 5. Finish Off

**a)** Lower the heat of the pan with the **onions** to medium and add the **balsamic vinegar**. Cook until almost evaporated.

**b)** Add the **water** (see ingredients for amount) to the pan and bring to the boil.

**c)** Stir in the **red wine stock pot** and **redcurrant jelly** to dissolve.

**e)** Simmer for 2-3 mins until the **sauce** has thickened slightly.



## 3. Start the Sauce

**a)** Meanwhile, halve, peel and thinly slice the **red onion**.

**b)** Heat a drizzle of **oil** in a small frying pan on medium heat.

**c)** Add the **onion** and cook until softened and beginning to brown, 5-7 mins. Stir often.

**d)** This is the base of your gravy.



## 6. Mash and Serve

**a)** Meanwhile, drain the **potatoes** and **cavolo nero** in a colander then return to the pan.

**b)** Mash together and then mix in the **wholegrain mustard** and a knob of **butter** (if you have some).

**c)** Season to taste with **salt** and **pepper** - **colcannon** made!

**d)** Share the **colcannon** between your plates and serve the **sausages** alongside.

**e)** Spoon the **gravy** over the **sausages**.

**Tuck in!**

**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.