

# **Tuscan Style Sausage**



with Cavolo Nero Colcannon and Balsamic Onion Gravy

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













Chopped Cavolo Nero





Red Wine Stock Pot



Redcurrant Jelly



Wholegrain Mustard

# Before you start

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

#### Basic cooking tools, you will need:

Baking Tray, Saucepan, Frying Pan, Measuring Jug, Colander and potato Masher.

# **Ingredients**

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	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
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	1 pot	2 pots

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

# **Nutrition**

	Per serving	Per 100g
for uncooked ingredient	505g	100g
Energy (kJ/kcal)	2429 /581	481/115
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**

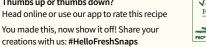
9) Mustard 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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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# 1. Grill 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.



# 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.



# 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. This is the base of your gravy.



# 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. Cook until tender, 5 mins.



# 5. Finish off

- a) Lower the heat of the pan with the onions to medium and add the balsamic vinegar.
- **b)** Cook until almost evaporated.
- c) Add the water (see ingredients for amount) to the pan and bring to the boil.
- d) Stir in the red wine stock pot and redcurrant **jelly** to dissolve. Simmer for 2-3 mins until the **sauce** has thickened slightly.



# 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). 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 and tuck in!

# **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.