



Tuscan Style Sausage

with Cavolo Nero Colcannon and Balsamic Onion Gravy

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

N° 15



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:

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

Ingredients

	2P	3P	4P
Tuscan Pork Sausage 14)**	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 14)	1 sachet	2 sachets	2 sachets
Water for the Sauce*	100ml	200ml	200ml
Red Wine Stock Pot 14)	1 pot	2 pots	2 pots
Redcurrant Jelly	1 pot	2 pots	2 pots
Wholegrain Mustard 9)	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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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Packed in the UK



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.



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.



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**.

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.



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.



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.