



Tuscan Sausage

with Cavolo Nero Colcannon and Balsamic Onion Gravy

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

5



Tuscan Pork Sausage



Potato



Red Onion



Cavolo Nero



Balsamic Vinegar



Red Wine Stock Paste



Redcurrant Jelly



Wholegrain Mustard

Before you start

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

Cooking tools, you will need:

Baking Tray, Saucepan, Frying Pan and Measuring Jug.

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 mardium pack	1 large pack
Balsamic Vinegar 14	1 sachet	2 sachets	2 sachets
Water for the Sauce*	75ml	100ml	150ml
Red Wine Stock Paste 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)	2454 /587	486 /116
Fat (g)	22	4
Sat. Fat (g)	8	2
Carbohydrate (g)	71	14
Sugars (g)	18	4
Protein (g)	23	5
Salt (g)	3.85	0.76

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard **14**) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Grill the Sausages

a) Fill and boil your kettle and preheat your oven to 220°C.

b) Pop the **sausages** on a baking tray and roast them on the top shelf of your oven until browned and cooked through, 18-20 mins, turning halfway through cooking. **IMPORTANT:** *The sausages are cooked when no longer pink in the middle.*



Cook the Cavolo Nero

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

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

c) Cook until tender, 5 mins.



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 them, 15-20 mins.



Gravy Time

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

b) Cook until almost evaporated, 1-2 mins.

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

d) Stir in the **red wine stock paste** and **redcurrant jelly** and dissolve.

e) Simmer for 2-3 mins until the **sauce** has thickened slightly. **TIP:** *Add a splash of water if you feel it needs it.*



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 for your **gravy**.



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** and tuck in!

Enjoy!