



JUN
2016

Bangers and Mash

with Crispy Broccoli and Balsamic-Caramelized Onions

The Brits have a thing for bangers and mash, and we totally understand why. Good comfort food is universal. Parmesan and thyme add major flavor to these mashed potatoes, but we think those balsamic-caramelized onions are the real star of the show.



Prep: 10 min
Total: 35 min



level 1



nut free



gluten free



Italian Sausages



Potatoes



Broccoli Florets



Parmesan
Cheese



Thyme



Sour Cream



Red Onion



Balsamic
Vinegar

Ingredients

		4 People
Italian Sausages		18 oz
Potatoes		24 oz
Broccoli Florets		16 oz
Parmesan Cheese	1)	¼ Cup
Thyme		¼ oz
Sour Cream	1)	4 T
Red Onion		2
Balsamic Vinegar		2 T
Sugar*		1 t
Butter*	1)	1 T
Olive Oil*		1 T

*Not Included

Allergens

1) Milk

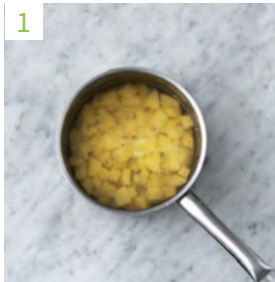
Tools

Peeler, Large pot, Strainer, Baking sheet, Pan, Potato masher

Ruler

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Nutrition per person Calories: 652 cal | Fat: 39 g | Sat. Fat: 15 g | Protein: 33 g | Carbs: 46 g | Sugar: 8 g | Sodium: 738 mg | Fiber: 6 g



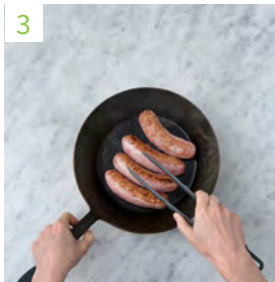
1

1 Prep the veggies: Wash and dry all produce. Preheat the oven to 400 degrees. Halve, peel, and thinly slice the **onions**. Strip the **thyme** off the sprigs and roughly chop the **leaves**. Peel, then cut the **potatoes** into ½-inch cubes. Place the **potatoes** in a large pot with a pinch of **salt** and enough water to cover by 2-inches. Bring to a boil for 10-12 minutes, until fork-tender. Drain.



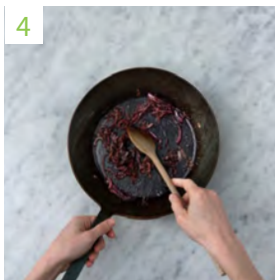
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2 Roast the broccoli: Meanwhile, toss the **broccoli** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 15-20 minutes, until crispy.



3

3 Cook the sausage: Heat a drizzle of **olive oil** in a pan over high heat. Add the **sausages** to the pan and cook, rotating to brown on all sides, for 4-5 minutes. Transfer to the baking sheet in the oven to finish cooking for 5-7 minutes.



4

4 Caramelize the onions: Heat a drizzle of **olive oil** in the same pan over medium heat. Add the **onions** and **1 teaspoon sugar** to the pan and cook, tossing for 5-7 minutes, until they begin to caramelize. Add the **balsamic vinegar** to the pan and reduce until syrupy. Remove from the heat and set aside.

5 Mash the potatoes: Heat **2 Tablespoons butter** in the same pot you used for the **potatoes** over medium heat. Once melted, add the **thyme** and cook for 30 seconds, until fragrant. Return the **potatoes** to the pot along with the **sour cream** and **parmesan cheese**. Mash with a fork or potato masher until very smooth and the cheese has melted. Season generously, to taste, with **salt** and **pepper**.

6 Plate: Serve the **sausages** on a bed of **mashed potatoes** with the **crispy broccoli** to the side. Top with the **caramelized onions** and enjoy!

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