



# Bangers 'n' Mash Pie

with Cabbage and Pancetta

N° 11

**FAMILY** Hands on Time: 20 Minutes • Total Time: 45 Minutes • 2 of your 5 a day



Honey Mustard Sausages



Potatoes



Red Onion



Carrot



Parsley



Cheddar Cheese



Wholegrain Mustard



Flour



Tomato Puree



Red Wine Stock Pot



Pancetta Lardons



Sliced Savoy Cabbage

## Before you start

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

### Basic cooking tools, you will need:

Baking Tray, Large Saucepan, Coarse Grater, Colander, Potato Masher, Large Frying Pan, Measuring Jug and Ovenproof Dish.

### Ingredients

	2P	3P	4P
Honey Mustard Sausages** 9) 14)	4	6	8
Potatoes**	1 small pack	1 large pack	2 small packs
Red Onion**	2	3	4
Carrot**	1	2	2
Parsley**	1 bunch	1 bunch	1 bunch
Cheddar Cheese** 7)	1 block	1½ blocks	2 blocks
Wholegrain Mustard 9)	½ sachet	¾ sachet	1 sachet
Flour 13)	8g	12g	16g
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water for the Pie*	250ml	375ml	500ml
Red Wine Stock Pot 14)	½ pot	¾ pot	1 pot
Pancetta Lardons**	60g	90g	120g
Sliced Savoy Cabbage**	1 small bag	1 large bag	2 small bags

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	674g	100g
Energy (kJ/kcal)	3182/761	472/113
Fat (g)	34	5
Sat. Fat (g)	13	2
Carbohydrate (g)	80	12
Sugars (g)	19	3
Protein (g)	36	5
Salt (g)	4.52	0.67

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 9) Mustard 13) Gluten 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.

### Contact

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## 1. Get Prepared

Preheat the oven to 200°C. Pop the **sausages** onto a baking tray, drizzle with a little **oil** then roast on the top shelf of the oven until golden and cooked, 20 mins, turn halfway through. **IMPORTANT:** *The sausages are cooked when no longer pink in the middle.* Once cooked, chop the **sausages** up into small, bite-sized, chunks (be careful, they're hot!).



## 4. Make the Filling

In the meantime, heat a drizzle of **oil** in a large frying pan over medium-high heat. Once hot, add the **carrot** and **red onion**. Cook until the **carrot** is tender and the **onion** is starting to colour, 8-10 mins, stirring regularly. Once softened, add the **flour** and **tomato puree** into the pan. Cook, stirring, for 1-2 mins, then pour in the **water** (see ingredients for amount). Add the **red wine stock pot**, stirring to dissolve.



## 2. Chop Chop Chop

Meanwhile, bring a large saucepan of **water** to the boil with a pinch of **salt** in preparation for the **potatoes**. Chop the **potatoes** into 2cm chunks (no need to peel). Halve, peel and thinly slice the **red onion**. Trim the **carrot**, then thinly slice into rounds. Roughly chop the **parsley** (stalks and all). Grate the **cheddar cheese**.



## 5. Cook the Pie

Bring the sauce to the boil, then reduce the heat and simmer until nicely thickened, 2-3 mins. Remove from the heat and mix in the **sausage pieces** and **half** the **parsley**. Transfer the **filling** into an ovenproof dish (keep the pan). Spread the **mash** over the **filling** using the back of a fork and pop on the top shelf of the oven to cook until golden and bubbly, 10-15 mins. In the meantime, rinse out the pan you used for the **filling**.



## 3. Cook the Potatoes

When the **water** is boiling, add the **potatoes** to the saucepan and cook until you can easily slip a knife through, 15-20 mins. Once cooked, drain in a colander then return to the pan off the heat. Add the **mustard**, **cheese** and a splash of **milk** (if you have it!). Mash until you have a smooth consistency and season to taste with **salt** and **pepper**.



## 6. Fry the Cabbage

Return the pan to a medium-high heat with a drizzle of oil. Once hot, add the **pancetta lardons**. Stir-fry until golden all over, 1-2 mins, then add the **cabbage** and a splash of **water** to the pan. Continue to fry, stirring regularly, until the **cabbage** is tender, 3-4 mins. Stir in the remaining **parsley**, taste and season with **salt** and **pepper** if needed. Once the **pie** is out of the oven, serve onto large plates with the **cabbage** on the side.

Enjoy!