



# Beef Sausages & Parmesan Mash

with Garlic Veggies & Caramelised Onion

Grab your Meal Kit with this symbol



Potato



Broccoli



Carrot



Onion



Garlic



Caramelised Onion & Parsley Beef Sausages



Grated Parmesan Cheese

Prep in: **25-35 mins**  
Ready in: **45-55 mins**

**Naturally Gluten-Free**  
*Not suitable for coeliacs*

Sweet caramelised onion and peppery parsley give our latest beef sausages their swagger. Serve them on a bed of cheesy mash, alongside colourful sautéed veg for a dinner that ticks all the boxes. Check out our 'Little cooks' tips and get the kids involved, too!

### Pantry items

Olive Oil, Milk, Butter, Balsamic Vinegar, Brown Sugar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
broccoli	1 head	2 heads
carrot	1	2
onion	1	2
garlic	1 clove	2 cloves
caramelised onion & parsley	1 medium packet	1 large packet
beef sausages		
milk*	2 tbs	¼ cup
butter*	40g	80g
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3639kJ (869Cal)	473kJ (113Cal)
Protein (g)	39.9g	5.2g
Fat, total (g)	57.2g	7.4g
- saturated (g)	29.4g	3.8g
Carbohydrate (g)	44.8g	5.8g
- sugars (g)	20.2g	2.6g
Sodium (mg)	1104mg	144mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Get prepped

Bring a medium saucepan of salted water to the boil. Peel **potato** and cut into large chunks (save time and get more fibre by leaving the potato unpeeled!). Chop **broccoli** (including the stalk) into small florets. Thinly slice **carrot** into half-moons. Thinly slice **onion**. Finely chop **garlic**.

**Little cooks:** *Don your goggles and have a go at peeling off the onion's outer layer!*

2



## Cook the sausages

In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **caramelised onion & parsley beef sausages**, turning occasionally, until browned and cooked through, **15 minutes**. Transfer to a plate.

3



## Make the Parmesan mash

While sausages are cooking, cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return to pan. Add the **milk** and 1/2 the **butter**. Mash until smooth. Stir through **grated Parmesan cheese**. Cover to keep warm.

**Little cooks:** *Get those muscles working and help mash the potatoes!*

4



## Cook the veggies

Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **broccoli**, tossing, until tender, **6-7 minutes** (add a dash of water to help the veggies cook faster!). Transfer to a medium bowl and cover to keep warm.

5



## Caramelize the onion

Return frying pan to medium heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **5-6 minutes**. Add the **balsamic vinegar**, **brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a bowl and set aside. In a small microwavable bowl, microwave **garlic** and remaining **butter** in **30 second** bursts, until melted. Add **garlic butter** to **veggies**. Season with **salt** and **pepper**. Toss to coat.

**Little cooks:** *Under adult supervision, older kids can help make the garlic butter. Remember to wear oven gloves (the bowl can get hot!).*

6



## Serve up

Divide beef sausages, Parmesan mash and garlic veggies between plates. Spoon caramelised onion over the sausages to serve.

## Enjoy!

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