



Caramelised Onion Sausage Traybake with Buttery Sauce

Classic 40 Minutes • 2.5 of your 5 a day

3



Red Onion



Apple



Carrot



Potato



Sage



Caramelised
Onion Sausages



Original Onion
Marmalade



Chicken Stock Powder



Unsalted Butter

Before you start

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

Cooking tools, you will need:

Two Baking Trays, Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Apple**	2	3	4
Carrot**	2	3	4
Potato**	1 small pack	1 large pack	2 small packs
Sage**	½ bunch	¾ bunch	1 bunch
Caramelised Onion Sausages 14 **	4	6	8
Original Onion Marmalade	1 pot	2 pots	2 pots
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Unsalted Butter 7 **	30g	30g	60g
Water*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	638g	100g
Energy (kJ/kcal)	2943 /704	461 /110
Fat (g)	29	5
Sat. Fat (g)	14	2
Carbohydrate (g)	85	13
Sugars (g)	37	6
Protein (g)	23	4
Salt (g)	2.57	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 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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Get Prepped

Preheat your oven to 200°C. Halve and peel the **red onion**, chop each half into quarters. Halve the **apple**, remove the core and chop each half into three wedges. Trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Chop the **potatoes** into 2cm chunks (no need to peel). Pick the **sage leaves** from their stalks and roughly chop (discard the stalks).



Roast the Potatoes

Pop the **potatoes** on a large baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat and spread out in a single layer. Roast on the top shelf of your oven until golden and crispy, 30-35 mins. Turn halfway through cooking.



Sausage Time

Meanwhile, pop the **onion**, **apple**, **carrot** and **sage** on another large baking tray and drizzle with **oil**. Season with **salt** and **pepper**, toss to coat then spread out in a single layer. Pop the **sausages** on top of the **veg**, then roast them on the middle shelf of your oven until the **veg** is tender and the **sausages** cooked through, 25-30 mins. **IMPORTANT:** The sausages are cooked when no longer pink in the middle.



Make the Sauce

Have a tidy up. About 5 mins before the **sausages** and **veg** are cooked pop a small pan on medium heat and add the **onion marmalade**, **chicken stock powder** and **water** (see ingredients for amount). Stir together, bring to the boil, then remove from the heat and stir in the **butter** until melted. Taste to check for seasoning then set aside.



Finish Up

When everything is cooked, add the **potatoes** to the tray with the **veg** and stir everything together.



Serve

Reheat the **sauce** if necessary. Serve the **sausages** and **veg** on plates topped with the **sauce**.

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.