



# CLASSIC PORK SAUSAGES & PARMESAN MASH

with Onion Gravy & Garlic Veggies



Make caramelised onion gravy



Potato



Green Beans



Carrot



Brown Onion



Garlic



Parsley



Classic Pork Sausages



Caramelised Onion Chutney



Beef Stock



Grated Parmesan Cheese

Hands-on: 20 mins  
Ready in: 40 mins

This is a classic meal but not like you know it! Try our new pork sausages, they're packed with homestyle flavour and are so easy to cook. On the side, the standard mash gets an upgrade with Parmesan cheese and parsley, and we help you whip up a tasty onion gravy to take it to the next level. Dinner comes together with a bang!

**Pantry Staples:** Olive Oil, Plain Flour, Milk, Butter

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



## 1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Trim the **green beans**. Slice the **carrot** (unpeeled) into thin batons. Thinly slice the **brown onion** (see ingredients list). Finely chop the **garlic** (or use a garlic press). Finely chop the **parsley**.



## 2 COOK THE SAUSAGES

In a large frying pan, heat a **small drizzle** of **olive oil** over a medium heat. Add the **classic pork sausages** and cook, turning occasionally, until browned and cooked through, **15 minutes**. Transfer to a plate.



## 3 COOK THE POTATO & VEGGIES

While the sausages are cooking, add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. In the last **8 minutes** of cook time, add the **carrot** to a colander and place on top of the saucepan. Cover with a lid to steam. In the last **5 minutes** of cook time, add the **green beans** to the colander, cover and steam until tender. Transfer the **carrot** and **beans** to a medium bowl and cover to keep warm. Drain the **potato**, return to the saucepan and cover to keep warm.



## 4 MAKE THE ONION GRAVY

Return the frying pan to a medium heat with a **drizzle** of **olive oil** if needed. Add the **onion** and a **pinch** of **salt** and cook, stirring, until soft, **4-5 minutes**. Add the **plain flour** and stir to coat. Add the **water**, **caramelised onion chutney** and crumble in the **beef stock** (**1/2 cube for 2 people / 1 cube for 4 people**). Simmer until thickened, **2-3 minutes**. Add a splash more water if the gravy is too thick.

**TIP:** Scrape any bits of sausage from the bottom of the pan, these add to the flavour!



## 5 FLAVOUR THE VEGGIES

While the onion is cooking, add the **milk**, **salt** and **1/2 the butter** to the **potato** in the saucepan. Mash with a potato masher or fork until smooth. Stir in the **parsley** and **grated Parmesan cheese**. In a medium microwavable bowl, place the **garlic** and **remaining butter**. Microwave, in **30 second bursts**, until melted. Add the steamed **beans** and **carrot** to the garlic butter with a **pinch** of **salt** and **pepper**. Toss to coat.



## 6 SERVE UP

Divide the sausages, Parmesan mash and garlic veggies between plates. Serve with the onion gravy.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	3	6
green beans	1 bag (200 g)	1 bag (400 g)
carrot	1	2
brown onion	½	1
garlic	1 clove	2 cloves
parsley	1 bunch	1 bunch
classic pork sausages	1 packet	1 packet
plain flour*	½ tsp	1 tsp
water*	½ cup	¾ cup
caramelised onion chutney	1 tub (40 g)	2 tubs (80 g)
beef stock	½ cube	1 cube
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
butter*	40 g	80 g
grated Parmesan cheese	1 packet (30 g)	2 packets (60 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3740kJ (894Cal)	536kJ (128Cal)
Protein (g)	36.4g	5.2g
Fat, total (g)	58.4g	8.4g
- saturated (g)	29.4g	4.2g
Carbohydrate (g)	47.9g	6.9g
- sugars (g)	13.3g	1.9g
Sodium (g)	1960mg	282mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
[Hello@HelloFresh.co.nz](mailto:Hello@HelloFresh.co.nz)

2019 | WK35

