



More Than Food
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Cumberland Sausage with Roasted Garlic Mash and Red Onion Gravy

So, you might call us crazy, but trust us - what Patrick is about to say will revolutionise your mashed potato experience. Here goes: "Roast your garlic until it's nice and soft and then mash it into your potatoes", says Patrick. For a mash you can be proud of... get cooking!



30 mins



1 of your 5 a day



Potato (1 pack)



Red Onion (½)



Baby Gem Lettuce (1)



Garlic Clove (2)



Cumberland Sausage (2)



Rosemary (½ bunch)



Cornflour (½ tsp)



Water (100ml)



Chicken Stock Pot (½)



Milk (2 tbsp)

2 PEOPLE INGREDIENTS

- Potato, chopped
- Red Onion, sliced
- Baby Gem Lettuce, sliced
- Garlic Clove
- Cumberland Sausage

1 pack
½
1
2
2

- Rosemary
- Cornflour
- Water
- Chicken Stock Pot
- Milk

½ bunch
½ tsp
100ml
½
2 tbsp

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Garlic is part of the Allium family and a close relative to the humble onion, shallot, leek and chive!

Allergens: Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	620 kcal / 2565 kJ	29 g	10 g	60 g	10 g	31 g	1 g
Per 100g	109 kcal / 452 kJ	5 g	2 g	11 g	2 g	6 g	0 g

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

1



1 Pre-heat your oven to 180 degrees and boil a pot of water. Peel the **potato** and chop into 2cm chunks. Peel and slice the **red onion** in half through the root, then slice into thin half moons. Slice the **baby gem lettuce** in half lengthways.

5



2 Wrap the **garlic** in a little parcel of tinfoil ready to roast. **Tip:** *If you don't have tinfoil don't worry, you can roast the garlic in its skin.* Put the **sausage** and **garlic** on a baking tray, then pop onto the top shelf of your oven to cook for 25 mins (turning occasionally). Cook your **potato** in the pot of boiling water.

Tip: *Your potato is cooked when you can easily slip a knife through.*

6



3 Put a non-stick frying pan on medium-low heat. Add a splash of **olive oil**, your **onion**, a sprinkle of **sugar** (if you have some), a pinch of **salt**, a good grind of **black pepper** and the **rosemary**. Cook gently for 20 mins until soft.

4 Mix the **cornflour** with a splash of **water** to make a nice smooth paste and keep to the side - we'll add it to the gravy later to thicken it.

5 Put another frying pan on medium-high heat with a drizzle of **olive oil**. Once hot, place your **baby gem lettuce** in the pan, sliced-side down. Fry for 3-4 mins or until lightly browned.

6 Once your **onion** is soft turn the heat up to medium. Add in the **water** (amount specified in the ingredient list) and the **chicken stock pot** and bring to a simmer. Stir in your **cornflour mixture** and simmer gently until it thickens, before turning off the heat, this is your **red onion gravy!**

7



7 Once cooked, drain your **potato** and put back in the pot with the **milk** (amount specified in the ingredient list), a knob of **butter** (if you have some) and a pinch of **salt**. Squeeze your **roasted garlic** out of its skin and put this in the pot too. Mash everything together until you have nice lump-free mash.

8 Spoon your **mash** onto plates, top with your **sausage** and pour over your **red onion gravy**. **Tip:** *Don't forget to take the rosemary out of the gravy before serving.* Serve your **baby gem lettuce** on the side. Perfection needn't be complicated.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!