



Honey Mustard Glazed Sausages

with Sweet Potato Mash & Garlic Greens

Grab your Meal Kit with this symbol 



Classic Pork Sausages



Sweet Potato



Green Beans



Zucchini



Garlic



Baby Spinach Leaves



Red Onion



Parsley



Wholegrain Mustard

-  Hands-on: **25-35** mins
-  Ready in: **30-40** mins
-  Naturally gluten-free
- Not suitable for Coeliacs*

The winning combo of honey and mustard instantly make these snags a crowd pleaser. But add our creamy, buttery sweet potato mash and garlicky greens and it becomes a hearty dinner you'll be devouring in less than no time!

Pantry items

Olive Oil, Butter, Honey

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

Large frying pan · Oven tray lined with baking paper
Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
classic pork sausages	1 packet	1 packet
sweet potato	2	4
butter*	40g	80g
salt*	¼ tsp	½ tsp
green beans	1 bag (100g)	1 bag (200g)
zucchini	1	2
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
red onion	1	2
parsley	1 bag	1 bag
honey*	1 tbs	2 tbs
wholegrain mustard	½ tub	1 tub
water*	2 tbs	½ cup

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3380kJ (808Cal)	485kJ (116Cal)
Protein (g)	30.3g	4.3g
Fat, total (g)	52.0g	7.5g
- saturated (g)	23.8g	3.4g
Carbohydrate (g)	50.3g	7.2g
- sugars (g)	27.7g	4.0g
Sodium (g)	1690mg	243mg

Allergens

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

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



1. Cook the sausages

Preheat the oven to **220°C/200°C fan-forced**. Heat a large frying pan over a medium-high heat with a **drizzle of olive oil**. Add the **classic pork sausages** to the pan and cook, turning often, until browned all over, **5-6 minutes**. Transfer the **sausages** to an oven tray lined with baking paper and bake until cooked through, **12-15 minutes**.



2. Make the sweet potato mash

While the sausages are cooking, bring a large saucepan of water to the boil. Peel and cut the **sweet potato** into 2cm chunks. Add the **sweet potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return the **sweet potato** to the saucepan. Add the **1/2** the **butter** and the **salt** and mash using a potato masher or fork until smooth. Cover with a lid to keep warm.



3. Get prepped

While the sweet potato is cooking, trim the **green beans**. Cut the **zucchini** into batons. Finely chop the **garlic** (or use a garlic press).



4. Cook the garlic greens

Return the frying pan with a **drizzle of olive oil** over a medium-high heat. Add the **green beans** and **zucchini** and cook, **4-5 minutes**. Add the **garlic** (reserve a pinch for the glaze) and **baby spinach leaves** and cook, until fragrant and wilted, **1-2 minutes**. Season to taste with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



5. Make the honey mustard glaze

While the vegetables are cooking, thinly slice the **red onion**. Roughly chop the **parsley** leaves. In a small bowl, combine the **honey**, **wholegrain mustard**, **water**, **reserved garlic** and a **pinch of salt** and **pepper**. Return the frying pan to a medium-high heat. Add the **onion** and cook until softened, **5 minutes**. Add the **honey mustard glaze**, **remaining butter** and cook until sticky, **1-2 minutes**. Return the **sausages** to the pan to coat in the glaze.



6. Serve up

Divide the sweet potato mash between plates. Serve with the garlic greens and honey mustard glazed sausages. Spoon over any remaining glaze from the pan. Garnish with the parsley leaves.

Enjoy!