



# DINNER - HONEY MUSTARD SAUSAGES

## LUNCH - SAUSAGE AND PESTO RICE SALAD

DINNER SOLVED  
HELLO LUNCH!

*Yummy dinner, delicious lunch all in one shot, well done you!*

DINNER



LUNCH



Honey Mustard Sausages



Tenderstem Broccoli®



Sweet Potato



Potato



Red Onion



Balsamic Vinegar



Baby Plum Tomatoes



Green Pesto



Beef Stock Powder



Flat Leaf Parsley



Steamed Basmati Rice

### DINNER TO LUNCH

Transform dinner into a tasty new lunch!

**DINNER: 30mins** **LUNCH: 5 mins**

Teaching people new skills is something which makes us pretty happy and this red onion gravy is no exception. Once you've mastered it (which should take about 4 minutes), you'll never go back to the bought stuff again! Our top tip is to use the water the potatoes are boiled in - it helps make great thick gravy.

## BEFORE YOU START

🧼 Wash the Veggies. 🍴 Make sure you've got a **Large Saucepan** (with a **Lid**), two **Baking Trays**, a **Peeler**, **Frying Pan**, **Colander**, **Measuring Jug** and **Potato Masher**. Now, let's get cooking your **Dinner** and **Lunch!**



### 1 SAUSAGE TIME!

Preheat your oven to 200°C and put a large saucepan of **water** with a pinch of **salt** on to boil for the potatoes. Put the **sausages** on a lightly oiled baking tray. Put the **broccoli** onto another baking tray, drizzle with oil and season with a pinch of **salt** and **pepper**. Set aside. Roast the **sausages** on the top shelf of your oven for 25 mins. Turn halfway through cooking. ⚠️ **IMPORTANT:** The sausages are cooked when no longer pink in the middle.



### 2 PREP THE VEGGIES

Meanwhile, peel and chop both types of **potato** into 2cm chunks. Add the **potatoes** to the pan of boiling **water** and cook until you can easily stick a knife through them, about 15 mins. Meanwhile, halve, peel and thinly slice the **red onion**. Heat a splash of **oil** in a frying pan on medium heat. Add the **onion** and cook until soft, 8-10 mins, stirring often. Add the **balsamic vinegar** and cook for 2 mins. Transfer **half** the **caramelised** onion to a large bowl.



### 3 MASH YOUR SPUDS

Halve the **baby plum tomatoes**, add them to the bowl with the **onion**. Stir in the **pesto** and a drizzle of **oil**. Once the **potatoes** are cooked, drain them in a colander set over a measuring jug to retain the **water** so you can use it for the **gravy!** Return the **potatoes** to the original saucepan, add a knob of **butter** (if you have some) and mash with a potato masher until smooth. Season to taste with **salt** and **pepper**, then cover with a lid to keep warm.



### 4 MAKE THE GRAVY

Add the **reserved potato water** (see ingredients for amount) to the pan with the remaining **onion** along with the **stock powder**. ★ **TIP:** If you have any red wine, add a splash at this point for extra flavour. Bring to the boil, then lower the heat and simmer until your **gravy** has reduced and thickened, 5-6 mins. Simply add a splash more **water** if it gets too thick. If you are feeling decadent, add a knob of **butter** (if you have some).



### 5 COOK THE BROCCOLI

When your **sausages** have 10 mins left in the oven, roast the **tenderstem**® on the middle shelf for the remaining time, 10-12 mins. ★ **TIP:** The broccoli should be tender and slightly crispy.

Meanwhile, finely chop the **flat leaf parsley** and break up the **rice** in the pouch. Add the **parsley** and rice to the bowl with the **tomatoes** and **pesto**. Mix together.



### 6 PREP LUNCH AND SERVE DINNER

Once cooked, slice up four of the **sausages** using a knife and fork (careful, they will be hot!) and stir into the bowl of **rice**. Divide between two containers, cover then refrigerate overnight, ready for lunch the next day!

Serve the remaining **honey mustard sausages** on top of a large helping of **mash**, with some **red onion gravy** spooned over and the **tenderstem**® alongside. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Honey Mustard Sausages 9) 14)	8	10	12
Tenderstem Broccoli®	1 small pack	1 large pack	2 small packs
Sweet Potato	1	1½	2
Baking Potato	½	1	1
Red Onion	2	3	3
Balsamic Vinegar 14)	2 sachets	3 sachets	3 sachets
Baby Plum Tomatoes	1 punnet	1 punnet	1 punnet
Green Pesto 2) 7)	1 pot	1 pot	1 pot
Reserved Potato Water for Gravy*	150ml	225ml	300ml
Beef Stock Powder	1 sachet	1½ sachets	2 sachets
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch
Steamed Basmati Rice	1 pouch	1 pouch	1 pouch

\*Not Included ✨ Store in the Fridge

### ALLERGENS

2) Nut 7) Milk 9) Mustard 14) Sulphites

### NUTRITION FOR UNCOOKED INGREDIENTS

DINNER	PER SERVING: 658G	PER 100G
Energy (KJ/kcal)	3088/ 731	469/ 111
Fat (g)	22	3
Sat. Fat (g)	8	1
Carbohydrate (g)	112	17
Sugars (g)	27	4
Protein (g)	28	4
Salt (g)	3.00	0.48
LUNCH	PER SERVING: 458G	PER 100G
Energy (KJ/kcal)	2519/ 600	550/ 131
Fat (g)	27	6
Sat. Fat (g)	9	2
Carbohydrate (g)	65	14
Sugars (g)	10	2
Protein (g)	24	5
Salt (g)	2.50	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.



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