



Honey Mustard Sausages with Sweet Potato Mash and Sticky Red Onion Gravy

Classic 35 Minutes • 1 of your 5 a day

5



Honey Mustard Sausages



Sweet Potato



Baking Potato



Red Onion



Balsamic Vinegar



Red Wine Stock Sachet



Tenderstem Broccoli®

Before you start

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

Cooking tools, you will need:

Saucepan, Baking Tray, Chopping Board, Sharp Knife, Frying Pan, Colander, Bowl and Potato Masher.

Ingredients

	2P	3P	4P
Honey Mustard Sausages 9) 14)**	4	6	8
Sweet Potato**	2	3	4
Baking Potato**	1	1	2
Red Onion**	1 sachet	1½ sachets	2 sachets
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Water for Gravy*	200ml	300ml	400ml
Red Wine Stock 14)	1 sachet	1½ sachets	2 sachets
Tenderstem Broccoli 9***	1 small pack	1 large pack	2 small packs

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	684g	100g
Energy (kJ/kcal)	3163 /756	462 /111
Fat (g)	21	3
Sat. Fat (g)	8	1
Carbohydrate (g)	116	17
Sugars (g)	33	5
Protein (g)	28	4
Salt (g)	3.86	0.57

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard 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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Packed in the UK

The Fresh Farm

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Sausage Time

Preheat your oven to 200°C and put a large saucepan of **water** with a 0.5 tsp of **salt** on to boil for the potatoes. Put the **sausages** on a lightly oiled baking tray. Roast on the top shelf of your oven for 20-25 mins. Turn halfway through cooking. **IMPORTANT:** *The sausages are cooked when they are no longer pink in the middle.*



Make the Gravy

Add the **reserved potato water** (see ingredients for amount) to the pan with the **onion** along with the **red wine stock sachet**. **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).



Prep the Veggies

Meanwhile, peel and chop the **sweet potato** and **white potato** into 2cm chunks. Add to the boiling **water** and simmer until tender, 15-20 mins. **TIP:** *The potatoes are ready when you can easily slip a knife through them.* 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.



Cook the Broccoli

Meanwhile, when your **sausages** have about 15 mins left in the oven, add the **tenderstem broccoli** to another baking tray. Drizzle on a little **oil** and season with **salt** and **pepper**. Roast for the remaining time, 12-15 mins. **TIP:** *The broccoli should be tender and slightly crispy.*



Mash Your Spuds

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



Serve

Serve the **honey mustard sausages** on top of a large helping of **mash**, with some **red onion gravy** spooned over and the **Tenderstem broccoli** alongside.

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.