



# PORK SAUSAGES & CREAMY MUSTARD SAUCE

with Potato Mash & Veggies



Make a creamy  
mustard sauce!



Potato



Green Beans



Carrot



Garlic



Spring Onion



Classic Pork  
Sausages



Light Thickened  
Cream



Wholegrain Mustard



Beef Stock

Hands-on: **25-35 mins**  
Ready in: **30-40mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

We've giving bangers and mash an upgrade with our super-tasty pork sausages, creamy mash speckled with spring onion and a silky mustard sauce that's so delicious you'll want to pour it over the whole shebang!

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

## BEFORE YOU START

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

- **medium saucepan** • **oven tray** lined with **baking paper** • **medium frying pan**



### 1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Trim the **green beans**. Thinly slice the **carrot** (unpeeled) into half-moons. Finely chop the **garlic** (or use a garlic press). Thinly slice the **spring onion**.



### 2 COOK THE SAUSAGES

Heat a medium 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**.



### 3 MAKE THE MASH

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**. Drain and return to the pan. Add **1/2** the **butter** and the **milk**, **salt** and a **pinch of pepper** and mash with a potato masher or fork until smooth. Stir through the **spring onion**. Cover with a lid to keep warm.



### 4 COOK THE VEGGIES

Wipe out the frying pan and return to a medium-high heat with a **drizzle of olive oil**. Add the **green beans** and **carrot** and cook, tossing, until just softened, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a bowl and cover to keep warm.



### 5 MAKE THE SAUCE

Return the frying pan to a medium-low heat. Add the **light thickened cream**, **wholegrain mustard** (see ingredients list) and crumble in the **beef stock** (**1/2 cube for 2 people / 1 cube for 4 people**). **TIP:** Add a little less mustard if you're not a fan of the flavour. Cook, stirring, until slightly thickened, **1-2 minutes**. Season to taste with **salt** and **pepper**.



### 6 SERVE UP

Divide the mash, pork sausages and garlic veggies between plates. Spoon over the creamy mustard sauce.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
green beans	1 bag (200g)	1 bag (400g)
carrot	1	2
garlic	1 clove	2 cloves
spring onion	1 bunch	1 bunch
classic pork sausages	1 packet	1 packet
butter* (for the mash)	40g	80g
milk*	2 tbs	½ cup
salt*	¼ tsp	½ tsp
light thickened cream	1 packet (150ml)	2 packets (300ml)
wholegrain mustard	½ tub (20g)	1 tub (40g)
beef stock	½ cube	1 cube

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3990kJ (954Cal)	586kJ (140Cal)
Protein (g)	46.3g	6.8g
Fat, total (g)	63.8g	9.4g
- saturated (g)	33.8g	5.0g
Carbohydrate (g)	46.5g	6.8g
- sugars (g)	11.3g	1.7g
Sodium (g)	2000mg	293mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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