



Sausages and Mushroom Vin Sauce

with Roasted Carrots and Roasted Garlic Mash

FAMILY Hands on Time: 30 Minutes • Total Time: 40 Minutes • 2 of your 5 a day



Chantenay Carrot



Pork and Oregano Sausages



Garlic Clove



Potato



Closed Cup Mushrooms



Echalion Shallot



Flat Leaf Parsley



Bacon Lardons



Red Wine Stock Pot

Before you start

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

Basic cooking tools, you will need:

Saucepan, Baking Tray, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Chantenay Carrot**	1 pack	1½ packs	2 packs
Pork and Oregano Sausages 13 14 **	4	6	8
Garlic Clove**	2 cloves	3 cloves	4 cloves
Potato**	1 small pack	1 large pack	2 small packs
Closed Cup Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Echalion Shallot**	1	1	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Bacon Lardons**	60g	90g	120g
Water for the Sauce*	125ml	200ml	250ml
Red Wine Stock Pot 14	½ pot	¾ pot	1 pot

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	627g	100g
Energy (kJ/kcal)	2659 / 636	424 / 101
Fat (g)	29	5
Sat. Fat (g)	11	2
Carbohydrate (g)	67	11
Sugars (g)	13	2
Protein (g)	28	5
Salt (g)	3.47	0.55

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

13 Gluten **14** Sulphites

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Started!

Preheat your oven to 200°C and bring a large saucepan of **water** to the boil over high heat with ½ tsp of **salt**. Trim the **carrots** (no need to peel) and halve lengthways. Pop them onto a large baking tray and season with **salt** and **pepper**. Toss to coat, then arrange in a single layer to one side. Pop the **sausages** on the other side of the tray, drizzle with **oil**.



2. Roast!

Bake the **carrots** and **sausages** on the top shelf until the **carrots** are tender and the **sausages** are golden brown and cooked through 20-25 mins. **TIP:** Use two trays if you need to. **IMPORTANT:** The sausages are cooked when no longer pink in the middle. Meanwhile, peel the **garlic clove(s)** and pop into a square of foil with a drizzle of **oil** and scrunch to enclose it. Roast on your baking tray in your oven until soft, 10-12 mins, then carefully remove from the oven and set aside.



3. Cook the Potatoes

Meanwhile, chop the **potatoes** into 2cm chunks (no need to peel) and pop them into your pan of boiling **water**. Simmer until tender, 15-20 mins. **TIP:** The potatoes are cooked when you can easily slip a knife through them. Once cooked, drain in a colander and pop them back in their pan. Cover with a lid to keep warm.



4. Finisht the Prep

Meanwhile, thinly slice the **mushrooms**. Halve, peel and thinly slice the **shallot**. Roughly chop the **parsley** (stalks and all).



5. Make the Sauce

Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **bacon lardons** and fry until golden and crisp, 3 mins. **IMPORTANT:** Cook the **bacon lardons** throughout. Add the **mushrooms** and season with **salt** and **pepper**. Stir-fry until the **mushrooms** are golden, 4-5 mins. Add the **shallot** and fry until soft, 2-3 mins. Pour in the **water** for the sauce (see ingredients for amount) and add the **red wine stock pot**. Stir to dissolve the **stock pot**, then then lower heat and simmer until the **sauce** has thickened slightly and is glossy, 3-4 mins. Remove from the heat.



6. Mash the Potato

Carefully remove the **garlic** from the foil, transfer to a chopping board and mash with the back of a fork until smooth. Add it to the **potato** along with the **parsley**, a knob of **butter** and a splash of **milk** (if you have some). Add **salt** and **pepper** to taste and mash until smooth. Reheat the **sauce** if you need to, adding a splash of **water** if it is too thick. Divide the **sausages** between plates then serve with the **mash**, **carrots** and **sauce**.

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.