



Tuscan Style Sausage

with Cavolo Nero Colcannon and Balsamic Onion Gravy

N° 4

RAPID 20 Minutes • Little Heat • 1 of your 5 a day



Tuscan Pork Sausage



Potato



Red Onion



Chopped Cavolo Nero



Balsamic Vinegar



Red Wine Stock Pot



Redcurrant Jelly



Wholegrain Mustard

Before you start

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

Basic cooking tools you will need:

Large Saucepan (with a Lid), Foil, Baking Tray, Small Frying Pan, Measuring Jug, Colander and Potato Masher.

Ingredients

	2P	3P	4P
Tuscan Pork Sausage 14 **	4	6	8
Potato**	1 small pack	1 large pack	2 small packs
Red Onion**	1	2	2
Chopped Cavolo Nero**	1 small pack	1 medium pack	1 large pack
Balsamic Vinegar 14	1 sachet	2 sachets	2 sachets
Water for the Sauce*	100ml	200ml	200ml
Red Wine Stock Pot 14	1 pot	2 pots	2 pots
Redcurrant Jelly	1 pot	2 pots	2 pots
Wholegrain Mustard 9	1 pot	2 pots	2 pots

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	505g	100g
Energy (kJ/kcal)	2416 /578	478 /114
Fat (g)	22	4
Sat. Fat (g)	8	2
Carbohydrate (g)	69	14
Sugars (g)	16	3
Protein (g)	23	5
Salt (g)	3.99	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard **14** Sulphites

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



1. Bake the Sausages

a) Fill and boil your kettle and preheat your oven to 200°C.

b) Pop the **sausages** on a baking tray and roast them on the top shelf of your oven until browned and cooked through, 20-25 mins, turning halfway through cooking. **IMPORTANT:** *The sausages are cooked when no longer pink in the middle.*



4. Cook the Cavolo Nero

a) When the **potatoes** have 5 mins left, add the **cavolo nero** to the pan of **potatoes**.

b) Submerge the **cavolo nero** in the boiling **water** or cover with a lid so it cooks.

c) Cook until tender, 5 mins.



2. Cook the Potatoes

a) Meanwhile, chop the **potatoes** into 2cm chunks (no need to peel!).

b) Pop them in a large saucepan along with ½ tsp of **salt**, cover with boiling **water** and put onto high heat.

c) Boil the **potatoes** until you can easily slip a knife through, 15-20 mins.



5. Finish Off

a) Lower the heat of the pan with the **onions** to medium and add the **balsamic vinegar**. Cook until almost evaporated.

b) Add the **water** (see ingredients for amount) to the pan and bring to the boil.

c) Stir in the **red wine stock pot** and **redcurrant jelly** to dissolve.

e) Simmer for 2-3 mins until the **sauce** has thickened slightly.



3. Start the Sauce

a) Meanwhile, halve, peel and thinly slice the **red onion**.

b) Heat a drizzle of **oil** in a small frying pan on medium heat.

c) Add the **onion** and cook until softened and beginning to brown, 5-7 mins. Stir often.

d) This is the base of your **gravy**.



6. Mash and Serve

a) Meanwhile, drain the **potatoes** and **cavolo nero** in a colander then return to the pan.

b) Mash together and then mix in the **wholegrain mustard** and a knob of **butter** (if you have some).

c) Season to taste with **salt** and **pepper** - **colcannon** made!

d) Share the **colcannon** between your plates and serve the **sausages** alongside.

e) Spoon the **gravy** over the **sausages**.

Tuck in!

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.