



Tuscan Sausage

with Cavolo Nero Colcannon and Balsamic Onion Gravy

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

5



Tuscan Pork Sausage



Potato



Red Onion



Cavolo Nero



Balsamic Vinegar



Red Wine Stock Paste



Redcurrant Jelly



Wholegrain Mustard

Before you start

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

Cooking tools, you will need:

Baking Tray, Saucepan, Frying Pan and Measuring Jug.

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
Cavolo Nero**	1 small pack	1 mardium pack	1 large pack
Balsamic Vinegar 14	1 sachet	2 sachets	2 sachets
Water for the Sauce*	75ml	100ml	150ml
Red Wine Stock Paste 14	1 pot	2 pots	2 pots
Redcurrant Jelly	1 pot	2 pots	2 pots
Wholegrain Mustard 9	1 pot	1 pot	2 pots

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	505g	100g
Energy (kJ/kcal)	2454 /587	486 /116
Fat (g)	22	4
Sat. Fat (g)	8	2
Carbohydrate (g)	71	14
Sugars (g)	18	4
Protein (g)	23	5
Salt (g)	3.85	0.76

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

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Grill the Sausages

a) Fill and boil your kettle and preheat your oven to 220°C.

b) Pop the **sausages** on a baking tray and roast them on the top shelf of your oven until browned and cooked through, 18-20 mins, turning halfway through cooking. **IMPORTANT:** *The sausages are cooked when no longer pink in the middle.*



Cook the Cavolo Nero

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

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

c) Cook until tender, 5 mins.



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 them, 15-20 mins.



Gravy Time

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

b) Cook until almost evaporated, 1-2 mins.

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

d) Stir in the **red wine stock paste** and **redcurrant jelly** and dissolve.

e) Simmer for 2-3 mins until the **sauce** has thickened slightly. **TIP:** *Add a splash of water if you feel it needs it.*



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 for your **gravy**.



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** and tuck in!

Enjoy!