



# Veggie Sausages

with Mushroom Redcurrant Jelly, Red Wine Stew and Mash

**RAPID** 20 Minutes • 1 of your 5 a day • Veggie

N° 16



Veggie Sausages



Potato



Sliced Mushrooms



Red Wine  
Stock Pot



Redcurrant Jelly



Baby Spinach

## Before you start

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

### Basic cooking tools you will need:

Large Saucepan, Frying Pan, Measuring Jug, Colander and Potato Masher

### Ingredients

	2P	3P	4P
Veggie Sausages <b>11) 13) 14)**</b>	6	9	12
Potato**	1 small pack	1 large pack	2 small packs
Sliced Mushrooms**	1 small punnet	1 large punnet	2 small punnets
Water for the Stew*	150ml	200ml	250ml
Red Wine Stock Pot <b>14)</b>	1 pot	1½ pots	2 pots
Redcurrant Jelly	1 pot	2 pots	2 pots
Baby Spinach**	1 small bag	1 small bag	1 large bag

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	524g	100g
Energy (kJ/kcal)	1851 / 443	353 / 85
Fat (g)	9	2
Sat. Fat (g)	2	1
Carbohydrate (g)	55	10
Sugars (g)	12	2
Protein (g)	34	7
Salt (g)	4.05	0.77

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**11)** Soya **13)** Gluten **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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## 1. Cook the Sausages

**a)** Preheat your oven to 200°C and bring a large saucepan of **water** to the boil with ½ tsp of **salt**.

**b)** Remove the packaging from the **veggie sausages** (apart from the metal tray).

**c)** Drizzle with a little **oil** and then bake them (in their tray) on the middle shelf of your oven until crispy on the outside, about 15-16 mins.

**IMPORTANT:** Ensure the veggie sausages are piping hot and cooked throughout.



## 4. Make the Sauce

**a)** Pour in the **water** (see ingredients list for amount).

**b)** Add the **red wine stock pot** and **redcurrant jelly**, stir to dissolve.

**c)** Bring to the boil and simmer until really nicely reduced, 3-4 mins



## 2. Potato Time!

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

**b)** Add the **potatoes** to the boiling water and simmer until tender, 12-15 mins. **TIP:** The potatoes are cooked when you can easily slip a knife through them.



## 5. Add the Spinach

**a)** Add the **spinach** in handfuls and stir through to wilt, 1-2 mins.

**b)** Add the **veggie sausages** to the **sauce** and stir to coat. Remove from the heat.



## 3. Cook the Mushrooms

**a)** While the **potatoes** cook, heat a drizzle of **oil** in a frying pan on medium high heat.

**b)** Once hot, add the **sliced mushrooms** and season with **salt** and **pepper**.

**c)** Stir fry until the **mushrooms** are browned, 3-5 mins.



## 6. Finish and Serve

**a)** Once the **potatoes** are cooked, drain them in a colander and pop back in the pan.

**b)** Add some **plant based milk** and **butter** (if you have it, or you can use dairy if you prefer). Season with **salt** and **pepper**, mash until smooth. Add a splash of **water** to the **sauce** if it's a bit thick.

**c)** Spoon the **mash** into wide bowls and serve the **sausage stew** and **sauce** 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.