



Everything
But The Chef

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Classic Lamb Sausages with Sweet Potato Mash

Nothing beats a hearty, classic meal like Bangers and Mash. It's a meat and three veg combo we're confident will be loved by the whole family. While we don't like messing with the classics too often, we have opted for sweet potato mash over regular and it's an absolute winner! Each soft, sweet bite of mash marries perfectly with a bite of the fragrant onion and is freshened up by the hint of parsley and crunch of green beans.

Prep: 10 mins
Cook: 25 mins
Total: 35 mins

level 1

lactose free

outdoor dining

paleo

high protein

Pantry Items



Olive Oil



Sweet Potato



Parsley



Brown Onion



Green Beans



Lamb, Garlic &
Rosemary Sausages

2P	4P	Ingredients
1	2	sweet potato, peeled & cubed
½ bunch	1 bunch	parsley, finely chopped
1 tbs	2 tbs	olive oil *
1	2	brown onion, finely sliced
100 g	200 g	green beans, finely sliced
5	10	lamb, garlic & rosemary sausages

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2910	Kj
Protein	29.3	g
Fat, total	52.4	g
-saturated	23	g
Carbohydrate	25.4	g
-sugars	10.1	g
Sodium	1350	mg

Measuretool

0 cm	1 cm	2 cm

Disclaimer: Sweet potatoes naturally vary in size, you may be supplied with a greater amount than specified. Please use the supplied amount.



You will need: chopping board, chef's knife, vegetable peeler, medium frying pan, aluminium foil, paper towel, large saucepan, bowl, plate and a potato masher.

1 Place the **sweet potato** in a large saucepan and cover with water. Bring to the boil and cook for **10-15 minutes** or until tender. Drain. Return to the pan and mash with a dash of olive oil and **salt and pepper** using a potato masher. Stir through the **parsley**.



2 Meanwhile, heat the **olive oil** in a medium frying pan over a medium heat. Add the **onion** and cook, stirring for **10-15 minutes** or until softened and caramelised. Add the **green beans** and cook for a further **2 minutes** or until softened. Remove from the pan, cover with foil and set aside.

3 Place the same frying pan back over a medium-high heat. Add the **lamb, garlic & rosemary sausages** and cook, turning occasionally, for **10-12 minutes** or until cooked through. Transfer to a paper towel lined plate to drain.



4 To serve, divide the sweet potato mash between plates. Top with the sausages and onion and bean mixture.



Did you know? During the food rations of WWII, sausages were made with water so when cooked at high heat they would literally 'bang' in the pan, hence the nickname Bangers!