



Sticky Pork Sausages & Parmesan-Bacon Mash

with Garlicky Baby Broccoli & Green Beans

PUB BISTRO

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Shaved Parmesan Cheese



Pork, Garlic & Herb Sausages



Baby Broccoli



Green Beans



Garlic



Diced Bacon



Sweet & Savoury Glaze



Parsley

Prep in: 30-40 mins
Ready in: 40-50 mins

What's not to love about a snag or two? We've teamed ours with creamy bacon mash, plus garlicky greens on the side to round out the meal. Simply delicious!

Pantry items

Olive Oil, Butter, Milk

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	20g	40g
milk*	2 tbs	¼ cup
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
pork, garlic & herb sausages	1 medium packet	1 large packet
baby broccoli	1 bunch	2 bunches
green beans	1 small bag	1 medium bag
garlic	1 clove	2 cloves
diced bacon	1 packet (90g)	1 packet (180g)
sweet & savoury glaze	1 medium packet	1 large packet
parsley	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3338kJ (798Cal)	543kJ (130Cal)
Protein (g)	39.9g	6.5g
Fat, total (g)	51g	8.3g
- saturated (g)	21.5g	3.5g
Carbohydrate (g)	40.4g	6.6g
- sugars (g)	14.2g	2.3g
Sodium (mg)	1336mg	217mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Make the mash

- Boil the kettle. Peel **potato** and cut into large chunks.
- Half-fill a medium saucepan with the boiled water and heat over high heat. Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain **potato**, then return to pan. Add the **butter**, the **milk** and **shaved Parmesan cheese**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!

Little cooks: Get those muscles working and help mash the potatoes!

4



Cook the bacon & veggies

- Return frying pan to medium-high heat with a small drizzle of **olive oil**. Cook **diced bacon**, breaking up with a spoon, until golden, **3-5 minutes**.
- Transfer **bacon** to a small bowl, leaving the **bacon oil** in the pan.
- Return frying pan to medium-high heat. Cook **baby broccoli** and **green beans**, tossing, until tender, **4-5 minutes**. Add **garlic** and a pinch of **pepper**. Cook, tossing, until fragrant, **1 minute**.
- Transfer **veggies** to a plate and cover to keep warm.

2



Cook the sausages

- While the potato is cooking, in a large frying pan, heat a small drizzle of **olive oil** over medium heat.
- Cook **pork, garlic & herb sausages**, turning occasionally, until browned and cooked through, **10-12 minutes**. Transfer to a paper towel-lined plate and cover to keep warm.

5



Bring it all together

- Return frying pan to medium heat. Cook **sweet & savoury glaze** with a splash of **water**, stirring, until heated through, **1 minute**. Remove from heat.
- Stir **bacon** through the mash.

Little cooks: Take the lead and stir the bacon through the mash!

3



Get prepped

- Meanwhile, trim **baby broccoli**, then slice any thick stems in half lengthways.
- Trim **green beans**.
- Finely chop **garlic**.

6



Serve up

- Divide Parmesan-bacon mash, pork sausages and garlicky greens between plates.
- Spoon the sticky glaze over sausages and mash.
- Sprinkle with torn **parsley** leaves to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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