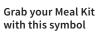


Herby Beef Sausages & Mushroom Gravy with Pumpkin Gratin & Sautéed Baby Spinach

PUB BISTRO

KID FRIENDLY











Seasoning





Caramelised Onion & Parsley Beef Sausages









Light Cooking

Parmesan Cheese







Sliced Mushrooms

Gravy Granules



Parsley

Prep in: 25-35 mins Ready in: 40-50 mins

Eat Me Early

A meaty mushroom gravy takes beef sausages to the next level in this hearty dinner that feels like a hug. Complete the dish with a Parmesan-topped pumpkin gratin, and some garlic-infused spinach for some green veggie action. Don't forget the parsley garnish for a pop of fresh flavour with every bite.

Pantry items

Olive Oil

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

Large baking dish · Large frying pan

Ingredients

9		
2 People	4 People	
refer to method	refer to method	
1 medium	1 large	
1 medium sachet	1 large sachet	
1 small packet	2 small packets OR 1 large packet	
1 small bag	1 medium bag	
1 medium packet	1 large packet	
1/4 tsp	½ tsp	
1 large packet	2 large packets	
1 medium packet	1 large packet	
1 medium sachet	1 large sachet	
½ cup	1 cup	
	refer to method 1 medium 1 medium sachet 1 small packet 1 small bag 1 medium packet 1/4 tsp 1 large packet 1 medium packet 1 medium packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3282kJ (784Cal)	523kJ (125Cal)
Protein (g)	38.6g	6.1g
Fat, total (g)	53.4g	8.5g
- saturated (g)	28.7g	4.6g
Carbohydrate (g)	37.2g	5.9g
- sugars (g)	22.2g	3.5g
Sodium (mg)	2044mg	325mg

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.

Fancu a beer?

We recommend pairing this meal with Pale Ale or Lager



Roast the pumpkin

- Preheat oven to 240°C/220°C fan-forced.
- Peel pumpkin, then cut into thin slices.
- Place **pumpkin** in a baking dish. Drizzle with olive oil and season with garlic & herb seasoning, salt and pepper. Toss to coat, then spread out in an even layer.
- Roast until just tender, 15-20 minutes (the pumpkin will finish cooking in step 3!).



Cook the sausages

- Meanwhile, in a large frying pan, heat a small drizzle of olive oil over medium heat.
- Cook caramelised onion & parslev beef sausages, turning occasionally, until browned and cooked through, 10-12 minutes. Transfer to a plate and cover to keep warm.



Make the gratin

- · Roughly chop baby spinach leaves.
- In a medium bowl, combine light cooking cream, the salt and a generous pinch of pepper.
- Pour **mixture** over pumpkin in the baking dish. Top with Parmesan cheese and bake until golden and bubbling, 10-15 minutes.



Cook the baby spinach

- Meanwhile, return frying pan to medium-high heat with a drizzle of olive oil.
- · Cook baby spinach, stirring, until fragrant and wilted, 1-2 minutes.
- Transfer to a bowl. Cover to keep warm.



Cook the mushroom gravy

- · Boil the kettle. Return frying pan to medium-high heat with a drizzle of olive oil. Cook sliced mushrooms, tossing, until browned and softened. 6-8 minutes.
- In a medium heatproof bowl, combine gravy granules and the boiling water (1/2 cup for 2 people / 1 cup for 4 people), whisking, until smooth, 1 minute. Add mushrooms and stir until combined.



Serve up

- · Divide herby beef sausages, pumpkin gratin and sautéed baby spinach between plates.
- · Spoon mushroom gravy over sausages.
- Tear over **parsley** leaves to serve. Enjoy!



