



# Herby Beef Sausages & Mushroom Gravy

with Pumpkin Gratin & Sautéed Baby Spinach

PUB BISTRO

KID FRIENDLY

Grab your Meal Kit with this symbol



Pumpkin



Garlic & Herb Seasoning



Caramelised Onion & Parsley Beef Sausages



Baby Spinach Leaves



Light Cooking Cream



Parmesan Cheese



Sliced Mushrooms



Gravy Granules



Parsley

### Pantry items

Olive Oil

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.

## 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
pumpkin	1 medium	1 large
garlic & herb seasoning	1 medium sachet	1 large sachet
caramelised onion & parsley	1 small packet	2 small packets OR 1 large packet
beef sausages		
baby spinach leaves	1 small bag	1 medium bag
light cooking cream	1 medium packet	1 large packet
<b>salt*</b>	¼ tsp	½ tsp
Parmesan cheese	1 large packet	2 large packets
sliced mushrooms	1 medium packet	1 large packet
gravy granules	1 medium sachet	1 large sachet
<b>boiling water*</b>	½ cup	1 cup
parsley	1 bag	1 bag

\*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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## Fancy a beer?

We recommend pairing this meal with Pale Ale or Lager

1



## 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!).

2



## Cook the sausages

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

3



## 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**.

4



## 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.

5



## 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** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**. Add **mushrooms** and stir until combined.

6



## 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!

## We're here to help!

Scan here if you have any questions or concerns



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