



Beef Sausages & Parmesan Mash

with Garlic Veggies & Caramelised Onion

KID FRIENDLY



Grab your Meal Kit with this symbol



Potato



Broccoli



Carrot



Brown Onion



Garlic



Caramelised Onion & Parsley Beef Sausages



Parmesan Cheese



Caramelised Onion & Parsley Beef Sausages

Prep in: 25-35 mins
Ready in: 45-55 mins

Sweet caramelised onion and fresh parsley give our latest beef sausages their swagger. Serve them on a bed of cheesy mash, alongside colourful sautéed veg for a dinner that ticks all the boxes. Check out our 'Little cooks' tips and get the kids involved too!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Milk, Butter, Balsamic Vinegar, Brown Sugar

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
broccoli	1 head	2 heads
carrot	1	2
brown onion	1	2
garlic	1 clove	2 cloves
caramelised onion & parsley beef sausages	1 small packet	2 small packets OR 1 large packet
milk*	2 tbs	¼ cup
butter*	40g	80g
Parmesan cheese	1 medium packet	1 large packet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
caramelised onion & parsley beef sausages**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3481kJ (831Cal)	479kJ (114Cal)
Protein (g)	39g	5.4g
Fat, total (g)	56.7g	7.8g
- saturated (g)	29.3g	4g
Carbohydrate (g)	41.4g	5.7g
- sugars (g)	18.9g	2.6g
Sodium (mg)	1069mg	147mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5062kJ (1209Cal)	577kJ (137Cal)
Protein (g)	58.7g	6.7g
Fat, total (g)	87.5g	10g
- saturated (g)	44.2g	5g
Carbohydrate (g)	47.6g	5.4g
- sugars (g)	21g	2.4g
Sodium (mg)	1843mg	210mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Get prepped

- Bring a medium saucepan of salted water to the boil.
- Peel **potato** and cut into large chunks (save time and get more fibre by leaving the potato unpeeled!).
- Chop **broccoli** (including the stalk) into small florets.
- Thinly slice **carrot** into half-moons.
- Thinly slice **brown onion**.
- Finely chop **garlic**.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!

4



Cook the veggies

- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- Cook **carrot** and **broccoli**, tossing, until tender, **6-7 minutes**.
- Transfer to a medium bowl and cover to keep warm.

TIP: Add a dash of water to help the veggies cook faster!

2



Cook the sausages

- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook **caramelised onion & parsley beef sausages**, turning occasionally, until browned and cooked through, **15 minutes**. Transfer to a plate.

Custom Recipe: If you've doubled your caramelised onion & parsley beef sausages, cook sausages in batches for best results.

5



Caramelize the onion

- Return frying pan to medium heat with a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Add the **balsamic vinegar**, **brown sugar** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a bowl and set aside.
- In a small microwavable bowl, microwave **garlic** and remaining **butter** in **30 second** bursts, until melted. Add **garlic butter** to veggies. Season with **salt** and **pepper**. Toss to coat.

3



Make the Parmesan mash

- While sausages are cooking, cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return to pan.
- Add the **milk** and half the **butter**. Mash until smooth. Stir through **Parmesan cheese**. Cover to keep warm.

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

6



Serve up

- Divide beef sausages, Parmesan mash and garlic veggies between plates.
- Spoon caramelised onion over the sausages to serve. Enjoy!

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