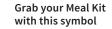


Beef Sausages & Parmesan Mash with Garlic Veggies & Caramelised Onion

KID FRIENDLY













Carrot

Brown Onion





Caramelised Onion & Parsley Beef Sausages





Parmesan Cheese

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

9			
	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	1/4 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.





Get prepped

- Bring a medium saucepan of salted water to
- 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!



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.



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!



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

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



Caramelise 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 microwaveable 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.



Serve up

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

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate