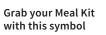


Sticky Pork Sausages & Parmesan-Bacon Mash with Garlicky Baby Broccoli & Green Beans

PUB BISTRO

KID FRIENDLY









Potato

Parmesan Cheese



Pork, Garlic & Herb Sausages



Baby Broccoli





Green Beans





Glaze





Parsley

Prep in: 30-40 mins Ready in: 40-50 mins **Pantry items** Olive Oil, Butter, Milk

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!

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

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	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	20g	40g
milk*	2 tbs	½ cup
Parmesan cheese	1 medium packet	1 large packet
pork, garlic & herb sausages	1 medium packet	2 medium packets OR 1 large packet
baby broccoli	1 bunch	2 bunches
green beans	1 small packet	1 medium packet
garlic	1 clove	2 cloves
diced bacon	1 medium packet	1 large packet
sweet & savoury glaze	1 medium packet	1 large packet
parsley	1 packet	1 packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3315kJ (792Cal)	539kJ (129Cal)
Protein (g)	39.8g	6.5g
Fat, total (g)	51.5g	8.4g
- saturated (g)	21.6g	3.5g
Carbohydrate (g)	40.4g	6.6g
- sugars (g)	14.5g	2.4g
Sodium (mg)	1320mg	215mg
Dietary Fibre (g)	8.6g	1.4g

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.

Fancy a beer?

We recommend pairing this meal with Pale Lager or Pilsner



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**, milk and 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!



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.



Get prepped

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



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.



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!



Serve up

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



Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate