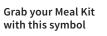


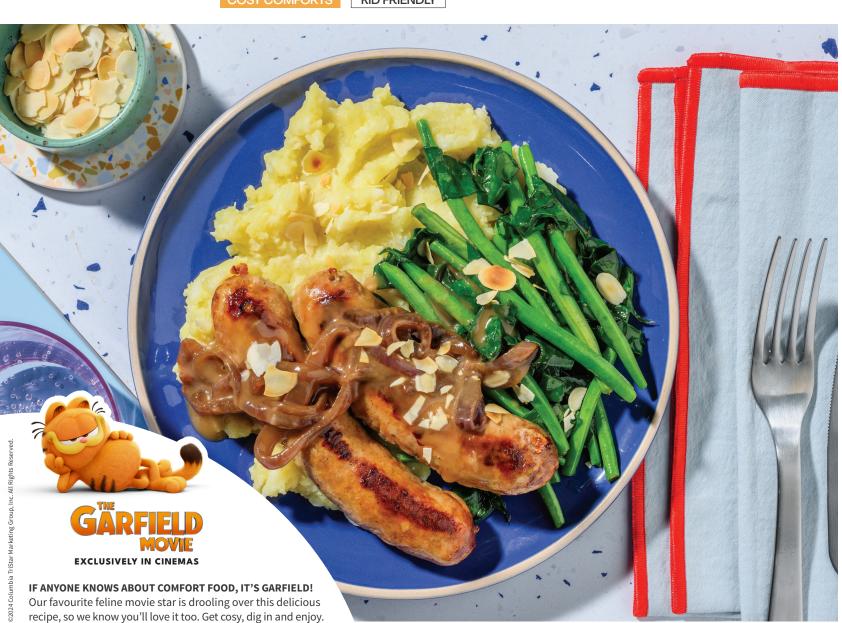
Homey Pork Sausages & Cauli-Potato Mash with Caramelised Onion Gravy, Greens & Almonds

COSY COMFORTS

KID FRIENDLY















Dijon Mustard





Herb Sausages





Silverbeet

Green Beans







Gravy Granules



Flaked Almonds



Prep in: 25-35 mins Ready in: 30-40 mins

Carb Smart* *Custom recipe is not Carb Smart This dish is here to help you get your bangers and mash fix, which is the perfect meal for a cosy night in. To seal the deal, all you need to do is lace the cauli-potato mash with Dijon mustard and douse it all with a gorgeous onion gravy.

Pantry items

Olive Oil, Butter, Milk, 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 \cdot Oven tray lined with baking paper \cdot Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
cauliflower	1 medium portion	1 large portion
butter*	15g	30g
milk*	1 tbs	2 tbs
Dijon mustard	1 medium packet	2 medium packets
pork, garlic & herb sausages	1 medium packet	2 medium packets OR 1 large packet
green beans	1 small packet	1 medium packet
silverbeet	1 medium packet	1 large packet
garlic	3 cloves	6 cloves
red onion	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
gravy granules	1 medium sachet	1 large sachet
water*	½ cup	1 cup
flaked almonds	1 medium packet	1 large packet
pork, garlic & herb sausages**	1 medium packet	2 medium packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2675kJ (639Cal)	468kJ (112Cal)
Protein (g)	28.7g	5g
Fat, total (g)	42.1g	7.4g
- saturated (g)	15.3g	2.7g
Carbohydrate (g)	36.2g	6.3g
- sugars (g)	17.1g	3g
Sodium (mg)	1152mg	201mg
Dietary Fibre (g)	11.5g	2g

Custom Recipe

Per Serving	Per 100g
4117kJ (984Cal)	570kJ (136Cal)
47.9g	6.6g
69.4g	9.6g
25.6g	3.5g
42.4g	5.9g
17.9g	2.5g
1640mg	227mg
12.4g	1.7g
	4117kJ (984Cal) 47.9g 69.4g 25.6g 42.4g 17.9g 1640mg

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





Make the cauli-potato mash

- Preheat oven to 240°C/220°C fan-forced. Bring a medium saucepan of salted water to the boil.
- Peel potato and cut into large chunks.
- Cut cauliflower into small florets.
- Cook potato and cauliflower in the boiling water until easily pierced with a knife,
 12-15 minutes.
- Drain potato and cauliflower, then return to the pan. Add the butter, milk, Dijon mustard and a good pinch of salt. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Cook the sausages

- While the veggies are cooking, place pork, garlic & herb sausages on a lined oven tray.
- Bake for 10 minutes.
- Turn sausages, then continue baking until browned and cooked through, 10-15 minutes.

Custom Recipe: If you've your doubled your pork, garlic & herb sausages, cook sausages as above, over two lined oven trays if your tray is getting crowded.



Get prepped

- Meanwhile, trim and halve green beans.
- Roughly chop silverbeet.
- Finely chop garlic.
- Thinly slice red onion.



Cook the garlicky greens

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook green beans, tossing, until just tender, 3-4 minutes.
- Add silverbeet and garlic and cook, stirring, until wilted and fragrant, 1-2 minutes.
- Season to taste. Transfer to a bowl and cover to keep warm.

TIP: Cook green beans with a splash of water to help speed up the cooking process!



Make the gravy

- Wipe out frying pan and return to medium-high heat with a drizzle of olive oil.
 Cook onion, stirring regularly, until softened,
 5-6 minutes.
- Reduce heat to medium. Add the balsamic vinegar, a splash of water and brown sugar and mix well. Cook until dark and sticky,
 3-5 minutes.
- Add gravy granules and the water and stir until smooth and slightly thickened, 1-2 minutes.
 Remove from heat.



Serve up

- Divide pork sausages, mustardy cauli-potato mash and garlicky greens between plates.
- Top sausages with caramelised onion gravy.
- Garnish with **flaked almonds** to serve. Enjoy!

Rate your recipe

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