



Beef Bangers & Sweet Potato Mash

with Honey-Mustard Sauce & Pear Salad

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Pear



Caramelised Onion & Parsley Beef Sausages



Deluxe Salad Mix



Light Cooking Cream



Wholegrain Mustard



Caramelised Onion & Parsley Beef Sausages

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

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

Our beef sausages are as tasty as they come, and just the thing for an easy weeknight meal. Simply add some flavourful sides, like sweet potato mash, creamy honey-mustard sauce and pear salad, and you're all set for a fuss-free feast.

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

Pantry items

Olive Oil, Butter, White Wine Vinegar, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
butter*	40g	80g
caramelised onion & parsley	1 medium packet	1 large packet
beef sausages	1	2
pear	1	2
white wine vinegar*	drizzle	drizzle
deluxe salad mix	1 medium bag	1 large bag
light cooking cream	1 medium packet	1 large packet
wholegrain mustard	½ packet	1 packet
honey*	1 tsp	2 tsp
caramelised onion & parsley	1 medium packet	1 large packet
beef sausages**		

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3599kJ (860Cal)	613kJ (147Cal)
Protein (g)	28.8g	4.9g
Fat, total (g)	61.2g	10.4g
- saturated (g)	33.9g	5.8g
Carbohydrate (g)	45.6g	7.8g
- sugars (g)	18.6g	3.2g
Sodium (mg)	1085mg	185mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5178kJ (1238Cal)	703kJ (168Cal)
Protein (g)	48.5g	6.6g
Fat, total (g)	92g	12.5g
- saturated (g)	48.8g	6.6g
Carbohydrate (g)	51.8g	7g
- sugars (g)	20.7g	2.8g
Sodium (mg)	1859mg	252mg

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

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Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil.
- Peel **sweet potato** and cut into large chunks.

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



Make the salad

- While the **sausages** are cooking, slice **pear** into thin sticks.
- In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.
- Add **pear** and **deluxe salad mix**. Toss to coat.

Little cooks: Take the lead by tossing the salad!



Make the mash

- Cook **sweet potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter** and season with **salt**. Mash until smooth. Cover to keep warm.



Make the sauce

- Return frying pan to medium heat.
- Cook **light cooking cream**, **wholegrain mustard** (see ingredients) and the **honey**, stirring, until slightly thickened, **2-3 minutes**.
- Season to taste.

TIP: Add a little less mustard if you're not a fan of the flavour.



Cook the sausages

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **caramelised onion & parsley beef sausages**, turning occasionally, until browned, **5-6 minutes**.
- Transfer **sausages** to a lined oven tray, then bake until cooked through, **10-15 minutes**.

Custom Recipe: If you've doubled your beef sausages, brown them in batches for best results!



Serve up

- Divide sweet potato mash between plates. Top with beef sausages.
- Spoon honey-mustard sauce over sausages and mash.
- Serve with pear salad. Enjoy!

Little cooks: Add the finishing touch by spooning over the honey-mustard sauce. Be careful, the pan is hot!

Rate your recipe

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