



# Beef Bangers & Mash

with Honey-Mustard Sauce & Pear Salad

KID FRIENDLY



Grab your Meal Kit with this symbol



Potato



Pear



Mixed Salad Leaves



Caramelised Onion & Parsley Beef Sausages



Light Cooking Cream



Wholegrain Mustard



Caramelised Onion & Parsley Beef Sausages

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

Thanks to sweet and sticky caramelised onions and peppery parsley, these aren't your average snags. The mash is perfect for soaking up the creamy sauce, while the slightly sweet salad adds extra texture and cuts the richness.

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

### Pantry items

Olive Oil, Butter, Milk, Vinegar (White Wine or Balsamic), 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

Large saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ cup
caramelised onion & parsley beef sausages	1 medium packet	1 large packet
pear	1	2
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 medium bag	2 medium bags
light cooking cream	1 medium packet	1 large packet
wholegrain mustard	½ packet	1 packet
<b>honey*</b>	1 tsp	2 tsp
caramelised onion & parsley beef sausages**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3463kJ (828Cal)	639kJ (153Cal)
Protein (g)	28.3g	5.2g
Fat, total (g)	61g	11.3g
- saturated (g)	33.9g	6.3g
Carbohydrate (g)	40.1g	7.4g
- sugars (g)	17.4g	3.2g
Sodium (mg)	1078mg	199mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5043kJ (1205Cal)	729kJ (174Cal)
Protein (g)	48g	6.9g
Fat, total (g)	91.8g	13.3g
- saturated (g)	48.8g	7.1g
Carbohydrate (g)	46.3g	6.7g
- sugars (g)	19.5g	2.8g
Sodium (mg)	1852mg	268mg

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](https://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

2023 | CW04



1



## Get prepped

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.

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

4



## Make the salad

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

**Little cooks:** Take the lead by tossing the salad.

2



## Make the mash

- Cook **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 the **milk** to **potato** and season with **salt**. Mash until smooth. Cover to keep warm.

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

5



## 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.

3



## Cook the sausages

- Meanwhile, in a large frying pan, heat a small drizzle of **olive oil** over medium heat.
- Cook **caramelised onion & parsley beef sausages**, turning occasionally, until browned and cooked through, **10-12 minutes**.

**Custom Recipe:** If you've doubled your sausages, cook in batches for best results.

6



## Serve up

- Divide mashed potato 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

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