



Parsley Beef Sausages & Mushroom Gravy

with Pumpkin Gratin & Sautéed Silverbeet

PUB BISTRO

KID FRIENDLY

Grab your Meal Kit with this symbol



Pumpkin



Caramelised Onion & Parsley Beef Sausages



Garlic



Silverbeet



Thickened Cream



Shaved Parmesan Cheese



Sliced Mushrooms



Gravy Granules



Parsley

Prep in: 25-35 mins
Ready in: 40-50 mins

Eat Me Early

A meaty mushroom gravy takes beef sausages to the next level in this hearty dinner that feels like a hug. Complete the dish with a Parmesan-topped pumpkin gratin, and some garlic-infused silverbeet for some green veggie action. Don't forget the parsley garnish for a pop of fresh flavour with every bite.

Pantry items

Olive Oil

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 or large baking dish · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
pumpkin	1 medium	1 large
caramelised onion & parsley beef sausages	1 medium packet	1 large packet
garlic	3 cloves	6 cloves
silverbeet	1 medium bag	1 large bag
thickened cream	1 packet	2 packets
salt*	¼ tsp	½ tsp
shaved Parmesan cheese	1 packet (52g)	2 packets (104g)
sliced mushrooms	1 medium packet	1 large packet
gravy granules	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup
parsley	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3248kJ (776Cal)	491kJ (117Cal)
Protein (g)	38.6g	5.8g
Fat, total (g)	53.5g	8.1g
- saturated (g)	28.7g	4.3g
Carbohydrate (g)	34.3g	5.2g
- sugars (g)	21.7g	3.3g
Sodium (mg)	1748mg	264mg

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.

1



Roast the pumpkin

- Preheat oven to **240°C/220°C fan-forced**.
- Peel **pumpkin**, then cut into thin slices.
- Place **pumpkin** in a baking dish. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out evenly.
- Roast until just tender, **15-20 minutes** (the pumpkin will finish cooking in step 3!).

2



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**. Transfer to a plate and cover to keep warm.

3



Finish the gratin

- Finely chop **garlic**. Roughly chop **silverbeet**.
- In a medium bowl, combine half the **garlic**, **thickened cream**, the **salt** and a generous pinch of **pepper**.
- Pour mixture over **pumpkin** in the baking dish. Top with the **shaved Parmesan cheese** and bake until golden and bubbling, **10-15 minutes**.

4



Cook the silverbeet

- Meanwhile, return pan to medium-high heat with a drizzle of **olive oil**.
- Cook **silverbeet** and remaining **garlic**, stirring, until fragrant and wilted, **1-2 minutes**.
- Transfer to a bowl. Cover to keep warm.

5



Cook the mushroom gravy

- Boil the kettle. Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **sliced mushrooms**, tossing, until browned and softened, **6-8 minutes**.
- In a heatproof medium bowl, combine **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**. Add **mushrooms** and stir until combined.

6



Serve up

- Divide parsley beef sausages, pumpkin gratin and sautéed silverbeet between plates.
- Spoon mushroom gravy over sausages. Tear over **parsley leaves** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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