



# Caramelised Onion Beef Sausages

with Lemon Crushed Potatoes & Honey Mustard Sauce

Grab your Meal Kit with this symbol



Potato



Garlic



Lemon



Vegetable Stock Powder



Caramelised Onion & Parsley Beef Sausages



Pear



Deluxe Salad Mix



Wholegrain Mustard



Light Cooking Cream



Flaked Almonds



Caramelised Onion & Parsley Beef Sausages

Hands-on: **25-35 mins**  
 Ready in: **35-45 mins**  
 Naturally Gluten-Free  
*Not suitable for coeliacs*

These aren't your average snags - ours are packed with caramelised onions and parsley to give the most delicious flavour that works perfectly with lemony potatoes and a creamy honey mustard sauce. Add a crisp salad to tie the meal together.

**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 · Oven tray lined with baking paper ·

Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
lemon	½	1
butter*	20g	40g
water*	1 tbs	2 tbs
vegetable stock powder	1 large sachet	2 large sachets
caramelised onion & parsley beef sausages	1 medium packet	1 large packet
pear	1	2
deluxe salad mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	1 tsp	2 tsp
wholegrain mustard	½ packet	1 packet
light cooking cream	1 packet (150ml)	2 packets (300ml)
honey*	1 tsp	2 tsp
flaked almonds	1 medium packet	1 large packet
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)	3662kJ (875Cal)	599kJ (143Cal)
Protein (g)	30.2g	4.9g
Fat, total (g)	61.1g	10g
- saturated (g)	32.2g	5.3g
Carbohydrate (g)	51g	8.3g
- sugars (g)	19g	3.1g
Sodium (mg)	1708mg	280mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5294kJ (1265Cal)	696kJ (166Cal)
Protein (g)	50g	6.6g
Fat, total (g)	93.3g	12.3g
- saturated (g)	48.1g	6.3g
Carbohydrate (g)	57g	7.5g
- sugars (g)	21.1g	2.8g
Sodium (mg)	2509mg	330mg

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://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://www.hellofresh.com.au/contact)

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## Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil.

Cut the **potato** into large chunks. Finely chop the **garlic**. Zest the **lemon** to get a generous pinch and slice into wedges.



## Make the salad

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



## Make the crushed potatoes

Cook the **potato** in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and set aside. Return the saucepan to a medium-high heat, add the **butter** and **garlic** and cook, until fragrant, **1 minute**. Add the **water**, **lemon zest**, **lemon juice** (1 tbs for 2 people / 2 tbs for 4 people) and 1/2 the **vegetable stock powder**. Bring to the boil then remove from the heat. Return the **potato** to the pan and toss to coat. Lightly crush the **potato** with a potato masher or fork. Cover to keep warm.



## Make the sauce

Return the frying pan to a medium heat. Add the **wholegrain mustard** (see ingredients list), **light cooking cream**, **honey** and the remaining **vegetable stock powder**. Cook, 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

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

### CUSTOM RECIPE

If you've doubled your beef sausages, cook them in batches for the best results!



## Serve up

Divide the crushed lemon potatoes between plates and top with the sausages. Spoon over the honey mustard sauce. Sprinkle the **flaked almonds** over the salad to serve.

## Enjoy!