



# Pork Sausages & BBQ Tomato Relish

with Cheesy Mash & Garden Salad

Grab your Meal Kit with this symbol



Brown Onion



Garlic



Apple



Carrot



Classic Pork Sausages



Potato



Shredded Cheddar Cheese



Diced Tomatoes With Garlic & Olive Oil



BBQ Sauce



Beef Stock



Cucumber



Mixed Salad Leaves



Classic Pork Sausages

Hands-on: **30-40 mins**  
 Ready in: **40-50 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

We reckon this cheesy mash will become a go-to on many a busy weeknight. It's the perfect match to our juicy classic pork sausages and crisp garden salad – yum!



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

### Pantry items

Olive Oil, Butter, Milk, Honey, White Wine Vinegar

## Before you start

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 · Large frying pan · Lined oven tray

## Ingredients

|  | 2 People        | 4 People        |
|--|-----------------|-----------------|
| olive oil*                             | refer to method | refer to method |
| brown onion                            | ½               | 1               |
| garlic                                 | 2 cloves        | 4 cloves        |
| apple                                  | 1               | 2               |
| carrot                                 | 1               | 2               |
| classic pork sausages                  | 1 packet        | 1 packet        |
| potato                                 | 2               | 4               |
| butter*<br>(for the mash)              | 25g             | 50g             |
| milk*                                  | 2 tbs           | ¼ cup           |
| shredded Cheddar cheese                | 1 medium packet | 1 large packet  |
| diced tomatoes with garlic & olive oil | ½ carton        | 1 carton        |
| BBQ sauce                              | ½ tub           | 1 tub           |
| water*                                 | 2 tbs           | ¼ cup           |
| beef stock                             | 1 cube          | 2 cubes         |
| butter*<br>(for the sauce)             | 15g             | 30g             |
| cucumber                               | 1               | 2               |
| honey*                                 | ½ tsp           | 1 tsp           |
| white wine vinegar*                    | 2 tsp           | 1 tbs           |
| mixed salad leaves                     | 1 bag (30g)     | 1 bag (60g)     |
| classic pork sausages**                | 1 packet        | 1 packet        |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

### Base Recipe

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 4093kJ (978Cal) | 488kJ (116Cal) |
| Protein (g)      | 36.3g           | 4.3g           |
| Fat, total (g)   | 66.6g           | 7.9g           |
| - saturated (g)  | 30.8g           | 3.7g           |
| Carbohydrate (g) | 53.7g           | 6.4g           |
| - sugars (g)     | 25.8g           | 3.1g           |
| Sodium (mg)      | 2419mg          | 289mg          |

### Custom Recipe

| Avg Qty          | Per Serving      | Per 100g       |
|------------------|------------------|----------------|
| Energy (kJ)      | 5746kJ (1373Cal) | 570kJ (136Cal) |
| Protein (g)      | 57g              | 5.7g           |
| Fat, total (g)   | 100.2g           | 9.9g           |
| - saturated (g)  | 43.5g            | 4.3g           |
| Carbohydrate (g) | 56g              | 5.6g           |
| - sugars (g)     | 26.7g            | 2.6g           |
| Sodium (mg)      | 3543mg           | 352mg          |

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.

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

2021 | CW13



## Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Bring a large saucepan of water to the boil. Thinly slice the **brown onion** (see ingredients). Finely chop the **garlic**. Grate the **apple**. Grate the **carrot** (unpeeled).



## Make the relish


Return the frying pan to a medium-high heat with a drizzle of **olive oil** (if needed). Add the **onion** and cook until softened **4-5 minutes**. Add the **garlic** and **apple** and cook until fragrant, **2-3 minutes**. Add the **diced tomatoes with garlic & olive oil** (see ingredients), **BBQ sauce** (see ingredients), **water**, crumbled **beef stock** (1 cube for 2 people / 2 cubes for 4 people) and **butter (for the sauce)**. Bring to the boil, then reduce the heat to medium and simmer until reduced slightly, **3-4 minutes**.

**TIP:** Add a splash more water if the mixture looks dry!

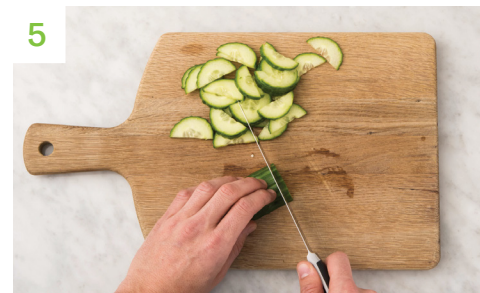


## Cook the sausages

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. When the pan is hot, cook the **classic pork sausages**, turning occasionally, until browned, **5-6 minutes**. Transfer to an oven tray lined with baking paper and bake until cooked through, **10-15 minutes**.

 **CUSTOM RECIPE**

If you're cooking double the sausages, cook in batches for the best results.



## Make the salad

While the sauce is simmering, thinly slice the **cucumber** into half-moons. In a medium bowl, combine the **honey**, **vinegar** and a generous drizzle of **olive oil**. Season with **salt** and **pepper**. Just before serving, add the **carrot**, **cucumber** and **mixed salad leaves** and toss to coat.



## Make the cheesy mash

While the sausages are baking, peel the **potato** and cut into 2cm chunks. Cook in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter (for the mash)**, **milk** and **shredded Cheddar cheese**. Generously season with **salt**. Mash with a potato masher or fork until smooth. Cover to keep warm.



## Serve up

Divide the cheesy mash between plates and top with the sausages. Spoon over the BBQ tomato relish. Serve with the garden salad.

## Enjoy!