



# Caramelised Onion Beef Sausages & Gravy

with Spiced Sweet Potato Wedges & Apple Slaw

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



All-American Spice Blend



Apple



Gravy Granules



Caramelised Onion & Parsley Beef Sausages



Slaw Mix



Mayonnaise

### Recipe Update

Unfortunately, this week's sticky meat glaze was in short supply, so we've replaced it with gravy. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 15-25 mins  
Ready in: 25-35 mins

The traditional bangers and mash has been given a twist with our delicious, caramelised onion and parsley beef sausages. We've teamed them with a creamy apple slaw, spiced sweet potato wedges and a generous drizzle of gravy. This is comfort food at it's best!

### Pantry items

Olive Oil, White Wine Vinegar

## 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

Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
All-American spice blend	1 medium sachet	1 large sachet
caramelised onion & parsley beef sausages	1 medium packet	1 large packet
apple	1	2
slaw mix	1 small bag	1 large bag
mayonnaise	1 large packet	2 large packets
<b>white wine vinegar*</b>	drizzle	drizzle
gravy granules	1 medium sachet	1 large sachet
boiling water	½ cup	1 cup

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3587kJ (857Cal)	636kJ (152Cal)
Protein (g)	26g	4.6g
Fat, total (g)	57.1g	10.1g
- saturated (g)	16.9g	3g
Carbohydrate (g)	57.5g	10.2g
- sugars (g)	33.5g	5.9g
Sodium (mg)	1675mg	297mg

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!

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1



## Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into wedges.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! Place **wedges** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **All-American spice blend** and toss to coat.
- Bake until tender, **20-25 minutes**.

**TIP:** If your tray is getting crowded, divide the wedges between two trays!

3



## Make the slaw & the gravy

- When wedges have **5 minutes** remaining, boil the kettle.
- Thinly slice **red apple** into wedges.
- In a medium bowl, combine **apple**, **slaw mix** and 1/2 the **mayonnaise**.
- Drizzle with **white wine vinegar** and **olive oil**. Toss to coat. Season to taste.
- Meanwhile, in a second medium heatproof bowl, combine **gravy granules** and the **boiling water**, whisking, until smooth, **1 minute**.

**Little cooks:** Lend a hand by tossing the slaw to coat!

2



## Bake the sausages

- Meanwhile, place **caramelised onion & parsley beef sausages** on a second lined oven tray. Drizzle with **olive oil** and turn to coat. Bake for **10 minutes**.
- Turn **sausages**, then continue baking until browned and cooked through, **10-14 minutes**.

4



## Serve up

- Divide beef sausages, apple slaw and spiced sweet potato wedges between plates.
- Spoon gravy over sausages.
- Serve with remaining mayonnaise. Enjoy!

**Little cooks:** Add the finishing touch by dolloping over the mayo!

## Rate your recipe

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