

Homestyle Pork Sausage & Lentil Casserole

with Parmesan Mash & Broccoli

Grab your Meal Kit with this symbol



Potato



Broccoli



Grated Parmesan Cheese



Pork, Garlic & Herb Sausages



Onion



Garlic



Tomato



Lentils



Tomato Paste




Chicken-Style Stock Powder



Mixed Leaves

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Brimming with all our go-to comfort foods, this dish is like a warm hug from start to finish. The cheesy mash and tomato-spiked lentil casserole are awesome with the garlicky pork snags. We've thrown in some broccoli too, because, you know, veggies.

Pantry items

Olive Oil, Milk, Butter

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 with a lid · 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
broccoli	½ head	1 head
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
butter*	40g	80g
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
pork, garlic & herb sausages	1 medium packet	1 large packet
onion	1	2
garlic	2 cloves	4 cloves
tomato	1	2
lentils	½ tin	1 tin
tomato paste	1 packet	2 packets
chicken-style stock powder	1 medium sachet	1 large sachet
water*	¾ cup	1½ cups
mixed leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3484kJ (833Cal)	499kJ (119Cal)
Protein (g)	33.6g	4.8g
Fat, total (g)	52g	7.4g
- saturated (g)	26g	3.7g
Carbohydrate (g)	52.9g	7.6g
- sugars (g)	13.9g	2g
Sodium (mg)	1720mg	246mg

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.



Cook the potato & broccoli

Preheat oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Peel **potato** and cut into large chunks. Chop **broccoli** (including the stalk!) into small florets. Add **potato** to the boiling water. Place a colander or steamer basket on top, then add **broccoli**. Cook until broccoli is tender and potato can be easily pierced with a fork, **10 minutes**. Transfer **broccoli** to a bowl, then cover to keep warm.

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



Get prepped

While the sausages are baking, finely chop **onion** and **garlic**. Roughly chop **tomato**. Drain and rinse **lentils** (see ingredients).

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer! Under adult supervision, older kids can help out with the can opener, too.



Make the Parmesan mash

Drain **potato**, then return to pan. Add the **milk**, **salt** and 1/2 the **butter**. Mash until smooth. Stir through **grated Parmesan cheese**. Cover to keep warm.

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



Make the sauce

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion** until softened, **2-3 minutes**. Add **garlic** and **tomato paste** and cook until fragrant, **1 minute**. Add **tomato**, **lentils**, **chicken-style stock powder** and the **water**. Bring to the boil, then reduce heat to medium and simmer until slightly thickened, **5-7 minutes**. Remove from heat. Add **mixed leaves** and remaining **butter**, stirring to combine.



Bake the sausages

While the potato is cooking, place **pork, garlic & herb sausages** on a lined oven tray. Bake until cooked through, **20 minutes**.

TIP: Turn the sausages halfway through cooking to get an even colour on both sides.



Serve up

Divide Parmesan mash between plates. Top with homestyle pork sausage and lentil casserole. Serve with broccoli.

Enjoy!

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