

# Pork Sausages & Creamy Chive Sauce

with Sautéed Veggies & Mash



Potato



Pork Garlic & Herb Sausages



Garlic



Carrot



Broccoli





Chives



Light Cooking Cream



Chicken-Style Stock Powder

 Hands-on: **20-30 mins**  
 Ready in: **30-40 mins**  
 Naturally Gluten-Free  
*Not suitable for coeliacs*

Complete with colourful sautéed veggies and mandatory mash, you can't go wrong with tonight's speedy snag dinner.

### 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
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
butter*	40g	80g
pork, garlic & herb sausages	1 medium packet	1 large packet
garlic	3 cloves	6 cloves
carrot	1	2
broccoli	1 head	2 heads
chives	1 bag	1 bag
light cooking cream	1 medium packet	1 large packet
chicken-style stock powder	½ medium sachet	1 medium sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3678kJ (879Cal)	512kJ (122Cal)
Protein (g)	32.6g	4.5g
Fat, total (g)	61.7g	8.6g
- saturated (g)	31.1g	4.3g
Carbohydrate (g)	43.3g	6g
- sugars (g)	11.9g	1.7g
Sodium (mg)	1268mg	176mg

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.



## 1 Make the mash

Preheat the oven to **240°C/220°C fan forced**. Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into large chunks. Cook in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return to the pan. Add the **milk, salt** and 1/2 the **butter**. Mash until smooth. Cover to keep warm.

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



## 2 Bake the sausages

While the potato is cooking, place the **pork, garlic & herb sausages** on a lined oven tray. Bake for **10 minutes**. Turn the **sausages**, then continue baking until browned and cooked through, **10-15 minutes**.



## 3 Get prepped

While the sausages are baking, finely chop the **garlic**. Thinly slice the **carrot** into half-moons. Cut the **broccoli** into small florets, then roughly chop the stalk. Finely slice the **chives**.



## 4 Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** and **broccoli**, tossing, until slightly softened, **5-6 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a bowl. Season to taste.

**TIP:** Add dash of water to speed up the cooking process!



## 5 Make the sauce

Return the frying pan to a medium heat with a drizzle of **olive oil** and the remaining **butter**. Cook the remaining **garlic** until fragrant, **1-2 minutes**. Stir in the **light cooking cream, chives** and **chicken-style stock powder** (see ingredients). Season with **pepper**. Simmer until slightly reduced, **1-2 minutes**. Remove from the heat.



## 6 Serve up

Divide the mash and sautéed veggies between plates. Top with the pork sausages. Pour over the creamy chive sauce to serve.

Enjoy!

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