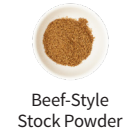
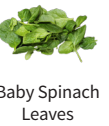
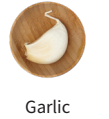
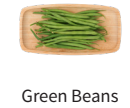




# Pork Sausages & Creamy Mustard Sauce

with Parsley-Sweet Potato Mash

Grab your Meal Kit with this symbol



Prep in: **25-35 mins**  
Ready in: **30-40 mins**

We've giving bangers and mash an upgrade with our crowd-pleasing pork sausages, sweet and earthy mash speckled with vibrant parsley, plus a silky mustard sauce that's so delicious you'll want to pour it over the whole shebang! Did we mention the kids can help with this one?

### Pantry items

Olive Oil, Butter, Milk

## 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
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
carrot	1	2
green beans	1 small bag	1 medium bag
garlic	1 clove	2 cloves
parsley	1 bag	1 bag
pork, garlic & herb sausages	1 medium packet	1 large packet
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ cup
baby spinach leaves	1 small bag	1 medium bag
light cooking cream	1 medium packet	1 large packet
wholegrain mustard	½ packet	1 packet
beef-style stock powder	1 medium sachet	1 large sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3820kJ (913Cal)	610kJ (146Cal)
Protein (g)	26.8g	4.3g
Fat, total (g)	67.8g	10.8g
- saturated (g)	32.1g	5.1g
Carbohydrate (g)	48.6g	7.8g
- sugars (g)	23.3g	3.7g
Sodium (mg)	1396mg	223mg

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.



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Bring a medium saucepan of lightly salted water to the boil.
- Peel **sweet potato**, then cut into large chunks. Thinly slice **carrot** into half-moons. Trim **green beans**.
- Finely chop **garlic**. Roughly chop **parsley**.

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



## Cook the veggies

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot** and **green beans**, tossing, until just softened and tender, **4-5 minutes**.
- Add **garlic** and **baby spinach leaves** and cook until fragrant and spinach is wilted, **1 minute**.
- Transfer **veggies** to a bowl. Cover to keep warm.



## Cook the sausages

- Place **pork, garlic & herb sausages** on a lined oven tray.
- Bake for **10 minutes**, then remove from oven.
- Turn **sausages**, then bake until browned and cooked through, a further **10-15 minutes**.



## Make the sauce

- Return frying pan to medium-low heat.
- Add **light cooking cream**, **wholegrain mustard** (see ingredients) and **beef-style stock powder**. Cook, stirring, until slightly thickened, **1-2 minutes**.

**TIP:** Add a little less mustard for a milder flavour.

**Little cooks:** Older kids, help stir the sauce under adult supervision. Be careful, the pan and sauce are hot!



## Make the mash

- Meanwhile, cook **sweet potato** in the saucepan of boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain **sweet potato**, then return to pan. Add the **butter**, the **milk**, a generous pinch of **salt** and a pinch of **pepper**. Mash until smooth.
- Stir through **parsley**, then cover to keep warm.

**Little cooks:** Get those muscles working and help mash the sweet potato!



## Serve up

- Divide pork sausages, parsley-sweet potato mash and veggies between plates.
- Spoon over creamy mustard sauce to serve. Enjoy!

**Little cooks:** Under adult supervision, add the finishing touch by drizzling the sauce on top.

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW42



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