



Pork Sausages & Creamy Parsley Sauce

with Sautéed Veggies & Sweet Potato Mash

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Garlic



Carrot



Broccoli



Parsley



Chicken-Style Stock Powder



Pork, Garlic & Herb Sausages



Light Cooking Cream



Pork, Garlic & Herb Sausages

Prep in: 20-30 mins
Ready in: 30-40 mins

Slightly peppery parsley really brightens up the sauce and enhances all the components in this speedy snag dinner.

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

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
sweet potato	2	4
milk*	2 tbs	¼ cup
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
parsley	1 bag	1 bag
light cooking cream	1 medium packet	1 large packet
chicken-style stock powder	½ medium sachet	1 medium sachet
pork, garlic & herb sausages**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3730kJ (891Cal)	519kJ (124Cal)
Protein (g)	32.9g	4.6g
Fat, total (g)	63.2g	8.8g
- saturated (g)	31.4g	4.4g
Carbohydrate (g)	45.7g	6.4g
- sugars (g)	21.9g	3g
Sodium (mg)	1087mg	151mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5334kJ (1275Cal)	614kJ (147Cal)
Protein (g)	50.3g	5.8g
Fat, total (g)	95.6g	11g
- saturated (g)	43.9g	5.1g
Carbohydrate (g)	52.1g	6g
- sugars (g)	22.6g	2.6g
Sodium (mg)	1733mg	200mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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Scan here if you have any questions or concerns

2022 | CW43



1 Make the mash

- Preheat oven to **240°C/220°C fan-forced**. Bring a medium saucepan of salted water to the boil.
- Peel **sweet potato**, then cut into large chunks.
- Cook **sweet potato** in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain, then return to pan.
- Add the **milk** and 1/2 the **butter**. Season generously with **salt**. Mash until smooth. Cover to keep warm.

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



4 Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **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, then cover to keep warm.

TIP: *Add a dash of water with the carrot and broccoli to help speed up the cooking process!*



2 Bake the sausages

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

Custom Recipe: If you've doubled your pork sausages, spread them over two lined oven trays if your tray is crowded.



5 Make the sauce

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



3 Get prepped

- Meanwhile, finely chop **garlic**.
- Thinly slice **carrot** into half-moons.
- Cut **broccoli** into small florets, then roughly chop the stalk.
- Finely chop **parsley**.



6 Serve up

- Divide sweet potato mash and sautéed veggies between plates.
- Top with pork sausages.
- Pour over creamy parsley sauce to serve. Enjoy!

Little cooks: *Under adult supervision, add the finishing touch by pouring the sauce on top. Be careful, the sauce is hot!*

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