



Slow-Cooked Pork Sausage & Veggie Casserole

with Parmesan Mash & Almonds

Grab your Meal Kit with this symbol



Celery



Carrot



Garlic



Gravy Granules



Chicken-Style Stock Powder



Potato



Baby Spinach Leaves



Flaked Almonds



Sticky Meat Glaze



Pork, Garlic & Herb Sausages



Grated Parmesan Cheese

Prep in: **20-30** mins
Ready in: **45-55** mins

There's nothing like slow-cooking to bring out the flavours of the protein you're working with - and this casserole is a case in point. By baking the veggies with the sausages, they get infused with a rich garlic and herb flavour that's hard to beat.

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

Large ovenproof saucepan with a lid (or a medium or large baking dish) · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
celery	1 stalk	2 stalks
carrot	1	2
garlic	2 cloves	4 cloves
pork, garlic & herb sausages	1 medium packet	1 large packet
water*	1 cup	2 cups
gravy granules	1 medium sachet	1 large sachet
chicken-style stock powder	1 medium sachet	1 large sachet
sticky meat glaze	1 medium packet	1 large packet
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
baby spinach leaves	1 small bag	1 medium bag
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3551kJ (849Cal)	609kJ (146Cal)
Protein (g)	30.8g	5.3g
Fat, total (g)	56.4g	9.7g
- saturated (g)	26.5g	4.5g
Carbohydrate (g)	51.6g	8.9g
- sugars (g)	19.1g	3.3g
Sodium (mg)	1970mg	338mg

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.



Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Thinly slice **celery**.
- Cut **carrot** into bite-sized chunks.
- Finely chop **garlic**.



Make the mash

- While the casserole is baking, bring a medium saucepan of salted water to the boil.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain **potato**, then return to pan. Add the **butter**, the **milk** and **grated Parmesan cheese**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.

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



Brown the sausages

- In a large ovenproof saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **pork, garlic & herb sausages** until just browned, **2-3 minutes** each side.
- Transfer to a plate.

TIP: If your pan is getting crowded, cook in batches for the best results!



Finish the casserole

- When the casserole is ready, stir in **baby spinach leaves** until wilted.
- Season with **pepper**.



Bake the casserole

- Return saucepan to medium-high heat with a drizzle of **olive oil**.
- Cook **celery** and **carrot** until just tender, **3-4 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Stir in the **water**, **gravy granules**, **chicken-style stock powder** and **sticky meat glaze**.
- Return **sausages** to pan, then cover with a lid or tightly with foil. Bake for **30-35 minutes**.
- Remove pan from oven. Uncover, then bake until slightly thickened, a further **5 minutes**.

TIP: If you don't have an ovenproof saucepan, transfer mixture to a baking dish instead!



Serve up

- Divide slow-cooked pork sausage and veggie casserole and Parmesan mash between plates.
- Top with **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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