



Pork Sausages & Mustardy Cauli-Potato Mash

with Caramelised Onion Gravy, Greens & Almonds

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Cauliflower



Dijon Mustard



Pork, Garlic & Herb Sausages



Green Beans



Silverbeet



Garlic



Red Onion



Gravy Granules



Flaked Almonds



Pork, Garlic & Herb Sausages

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

Carb Smart*
*Custom recipe is not Carb Smart

This dish is here to help you get your bangers and mash fix, without going crazy on the carbs. All you have to do is bulk up the potato with some cauliflower when you're whipping up the mash; lace it with Dijon mustard and no one will know the difference - especially when there's a perfectly sweet and savoury onion gravy in the mix.

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

Pantry items

Olive Oil, Butter, Milk, Balsamic Vinegar, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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	1	2
cauliflower	1 medium portion	1 large portion
butter*	15g	30g
milk*	1 tbs	2 tbs
Dijon mustard	1 medium packet	2 medium packets
pork, garlic & herb sausages	1 medium packet	2 medium packets OR 1 large packet
green beans	1 small packet	1 medium packet
silverbeet	1 medium packet	1 large packet
garlic	3 cloves	6 cloves
red onion	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
gravy granules	1 medium sachet	1 large sachet
water*	½ cup	1 cup
flaked almonds	1 medium packet	1 large packet
pork, garlic & herb sausages**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2675kJ (639Cal)	468kJ (112Cal)
Protein (g)	28.7g	5g
Fat, total (g)	42.1g	7.4g
- saturated (g)	15.3g	2.7g
Carbohydrate (g)	36.2g	6.3g
- sugars (g)	17.1g	3g
Sodium (mg)	1152mg	201mg
Dietary Fibre (g)	11.5g	2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4117kJ (983Cal)	570kJ (136Cal)
Protein (g)	47.9g	6.6g
Fat, total (g)	69.4g	9.6g
- saturated (g)	25.6g	3.5g
Carbohydrate (g)	42.4g	5.9g
- sugars (g)	17.9g	2.5g
Sodium (mg)	1640mg	227mg
Dietary Fibre	12.4g	1.7g

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.

We're here to help!

Scan here if you have any questions or concerns



1 Make the mustardy cauli mash

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

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

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



4 Cook the garlic greens

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans**, tossing, until just tender, **3-4 minutes**.
- Add **silverbeet** and **garlic** and cook, stirring, until wilted and fragrant, **1-2 minutes**.
- Season to taste. Transfer to a bowl and cover to keep warm.

TIP: Cook the green beans with a splash of water to help speed up the cooking process!



2 Cook the sausages

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

Custom Recipe: If you've doubled your pork, garlic & herb sausages, cook sausages as above, over two lined oven trays if your tray is getting crowded.



5 Make the gravy

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Reduce heat to medium. Add the **balsamic vinegar**, a splash of **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**.
- Add **gravy granules** and the **water** and stir until smooth and slightly thickened, **1-2 minutes**. Remove from the heat.



3 Get prepped

- Meanwhile, trim and halve **green beans**.
- Roughly chop **silverbeet**.
- Finely chop **garlic**.
- Thinly slice **red onion**.



6 Serve up

- Divide pork sausages, mustardy cauli-potato mash and garlic greens between plates.
- Top sausages with caramelised onion gravy.
- Garnish with **flaked almonds** to serve. Enjoy!

Little cooks: Add the finishing touch by sprinkling over the almonds and spooning over the gravy!

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