



Beef Sausages & Mushroom Gravy

with Pumpkin Gratin & Greens

Grab your Meal Kit with this symbol



Butternut Pumpkin



Caramelised Onion & Parsley Beef Sausages



Sage



Garlic



Silverbeet



Light Thickened Cream



Grated Parmesan Cheese



Sliced Mushrooms



Gravy Granules

Hands-on: **25-35 mins**
 Ready in: **40-50 mins**

Eat Me Early

Sweet caramelised onions take these beef sausages to the next level in this hearty dinner that feels like a hug. Complete with a Parmesan-topped pumpkin and sage gratin, and of course, gravy.

Pantry items

Olive Oil, Butter, Plain Flour

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 baking dish · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1 medium	1 large
caramelised onion & parsley beef sausages	1 medium packet	1 large packet
sage	1 bag	1 bag
garlic	3 cloves	6 cloves
silverbeet	1 medium bag	1 large bag
butter*	20g	40g
plain flour*	1 tbs	2 tbs
light thickened cream	1 medium packet	2 medium packets
grated Parmesan cheese	2 packets (60g)	4 packets (120g)
sliced mushrooms	1 medium packet (150g)	1 large packet (300g)
gravy granules	1 medium sachet	1 large sachet
water*	½ cup	1 cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3944kJ (943Cal)	574kJ (137Cal)
Protein (g)	41.5g	6g
Fat, total (g)	67.1g	9.8g
- saturated (g)	37.8g	5.5g
Carbohydrate (g)	41.2g	6g
- sugars (g)	22.4g	6g
Sodium (mg)	1601mg	233mg

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.

1



Roast the pumpkin

Preheat the oven to **240°C/220°C fan-forced**. Peel the **butternut pumpkin**, then cut into thin slices. Place the **pumpkin** in a large baking dish, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast until just tender, **15 minutes**.

2



Cook the sausages

While the pumpkin is roasting, place the **caramelised onion & parsley beef sausages** on a lined oven tray. Bake for **10 minutes**, then turn the **sausages** and continue baking until browned and cooked through, **10-15 minutes**. Meanwhile, thinly slice the **sage** leaves. Finely chop the **garlic**. Roughly chop the **silverbeet**.

3



Make the gratin

Heat a large frying pan over a medium heat, then add the **butter**, **sage** and 1/2 the **garlic**. Cook until fragrant, **1 minute**. Add the **plain flour** and cook, stirring, until a thick paste forms, **2 minutes**. Remove the pan from the heat and slowly whisk in the **light thickened cream**, until smooth. Stir in the **grated Parmesan cheese** and a pinch of **pepper**. Pour the sauce over the **pumpkin** in the baking dish, then bake until golden and bubbling, **10-15 minutes**.

4



Cook the silverbeet

While the gratin is baking, wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Add the **silverbeet** and remaining **garlic** and cook, until fragrant and wilted, **1-2 minutes**. Transfer to a bowl. Cover to keep warm.

5



Cook the mushroom gravy

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **mushrooms** and cook, tossing, until browned and softened, **6-8 minutes**. Add the **gravy granules** and the **water** and cook, stirring until the gravy is smooth and slightly thickened, **1-2 minutes**.

6



Serve up

Divide the beef sausages, pumpkin gratin and silverbeet between plates. Spoon the mushroom gravy over the sausages to serve.

Enjoy!

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