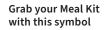


# Beef Sausages & Mushroom Gravy with Pumpkin Gratin & Greens











Parsley Beef Sausages











**Grated Parmesan** Cheese



Sliced Mushrooms







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



#### 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  $\cdot$  Oven tray lined with baking paper  $\cdot$  Large frying pan

# Ingredients

9		
	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

<sup>\*</sup>Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g	
Energy (kJ)	3944kJ (943Cal)	<b>574kJ</b> (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.



# 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.



# 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.



# 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**.



#### 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.



# Cook the mushroom gravy

and slightly thickened, 1-2 minutes.

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



#### 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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