

# Classic Beef Bangers & Parmesan Mash

with Caramelised Onion & Garlic Veggies

Grab your Meal Kit with this symbol



Potato



Chives



Green Beans



Carrot



Brown Onion



Garlic



Parsley



Classic Beef Sausages



Grated Parmesan Cheese

 Hands-on: 20-30 mins  
Ready in: 40-50 mins

Our beef sausages are as tasty as they come, and just the thing for an easy weeknight meal. Simply add some flavourful sides, like mashed potato with Parmesan, sweet and sticky caramelised onion and garlic veggies, and you're all set for a fuss-free feast.

### Pantry items

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



## 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 · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
chives	1 bunch	1 bunch
green beans	1 bag (200g)	1 bag (400g)
carrot	1	2
brown onion	1	2
garlic	1 clove	2 cloves
parsley	1 bag	1 bag
classic beef sausages	1 packet	1 packet
milk*	2 tbs	½ cup
salt*	¼ tsp	½ tsp
butter*	40g	80g
grated Parmesan cheese	1 packet	2 packets
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1½ tsp	3 tsp
water*	2 tsp	1 tbs

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3676kJ (878Cal)	505kJ (120Cal)
Protein (g)	39.8g	5.5g
Fat, total (g)	55.3g	7.6g
- saturated (g)	29.5g	4.1g
Carbohydrate (g)	50.6g	7g
- sugars (g)	20g	2.7g
Sodium (mg)	1668mg	229mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://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

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Finely chop the **chives**. Trim the **green beans**. Slice the **carrot** (unpeeled) into thin batons. Thinly slice the **brown onion**. Finely chop the **garlic** and the **parsley** leaves.



## Cook the sausages

In a large frying pan, heat a small drizzle of **olive oil** over a medium heat. Cook the **classic beef sausages**, turning occasionally, until browned and cooked through, **15 minutes**. Transfer to a plate.



## Make the mash & veggies

While the sausages are cooking, add the **potato** to the boiling water and cook until easily pierced with a knife, **10-15 minutes**. In the last **8 minutes** of cook time, place a colander or steamer basket on the pan and add the **carrot**. Cover with a lid to steam. In the last **5 minutes**, add the **green beans**, cover and steam until tender. Transfer the **carrot** and **green beans** to a medium bowl. Cover to keep warm. Drain the **potato** and return to the pan. Add the **milk**, **salt** and 1/2 the **butter**. Mash with a potato masher or fork until smooth. Stir through the **chives** and **grated Parmesan cheese**. Cover to keep warm.



## Caramelize the onion

Return the frying pan to a medium heat with a **drizzle of olive oil**. Add the **onion** and cook, stirring often, until softened, **5-6 minutes**. Stir in the **balsamic vinegar**, **brown sugar** and **water**. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



## Flavour the veggies

In a small microwavable bowl, combine the **garlic** and remaining **butter**. Microwave, in **30 second** bursts, until melted. Add to the bowl with the **beans** and **carrot**, along with the **parsley**. Season with **salt** and **pepper**. Toss to coat.



## Serve up

Divide the beef sausages, Parmesan mash and garlic veggies between plates. Spoon the caramelised onion over the sausages.

## Enjoy!