



# Herbed Beef Sausages & Cheesy Mash

with Caramelised Onion & Greens

Grab your Meal Kit  
with this symbol



Potato



Chives



Green Beans



Zucchini



Brown Onion



Garlic





Caramelised Onion &  
Parsley Beef Sausages



Grated Parmesan  
Cheese



Caramelised  
Onion & Parsley  
Beef Sausages

 Hands-on: **25-35 mins**  
 Ready in: **45-55 mins**  
 Naturally Gluten-Free  
*Not suitable for oeliacs*

Try our new caramelised onion and parsley beef sausages, they're packed with flavour and are so easy to cook.

*The recent harsh weather conditions have impacted the zucchinis grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.*



**CUSTOM RECIPE**

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

## 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 lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
chives	1 bag	1 bag
green beans	1 bag (200g)	1 bag (400g)
zucchini	1	2
brown onion	1	2
garlic	1 clove	2 cloves
caramelised onion & parsley beef sausages	1 medium packet	1 large packet
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
butter*	40g	80g
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	½ tbs	1 tbs
water*	½ tbs	1 tbs
caramelised onion & parsley beef sausages**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3339kJ (798Cal)	457kJ (109Cal)
Protein (g)	34.2g	4.7g
Fat, total (g)	51g	7g
- saturated (g)	25.4g	3.5g
Carbohydrate (g)	46.7g	6.4g
- sugars (g)	17.5g	6.4g
Sodium (mg)	1259mg	172mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4971kJ (1188Cal)	565kJ (135Cal)
Protein (g)	54g	6.1g
Fat, total (g)	83.2g	9.4g
- saturated (g)	41.3g	4.7g
Carbohydrate (g)	52.7g	6g
- sugars (g)	19.6g	6g
Sodium (mg)	2060mg	234mg

The quantities provided above are averages only.

## Allergens

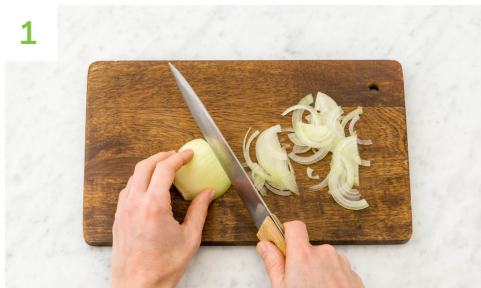
Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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1



## Get prepped

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into large chunks. Finely chop the **chives**. Trim the **green beans**. Slice the **zucchini** into thin sticks. Thinly slice the **brown onion**. Finely chop the **garlic**.

2



## Cook the sausages

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

### CUSTOM RECIPE

If you've doubled your sausages, cook in batches if necessary.

3



## Make the Parmesan mash

While the sausages are cooking, cook the **potato** in boiling water until easily pierced with a knife, **10-15 minutes**. Drain the **potato** and return to the saucepan. Add the **milk**, **salt** and 1/2 the **butter**. Mash until smooth. Stir through the **chives** and **grated Parmesan cheese**, then cover to keep warm.

4



## Cook the veggies

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **zucchini** until just tender, **1-2 minutes**. Add the **green beans** and cook, tossing, until tender, **4-5 minutes**. Transfer the **green beans** and **zucchini** to a medium bowl.

5



## Bring it all together

Return the frying pan to a medium heat with a drizzle of **olive oil**. Cook the **onion**, stirring, until softened, **5-6 minutes**. Stir in the **balsamic vinegar**, **brown sugar** and the **water**. Cook until dark and sticky, **3-5 minutes**. Remove from the heat. Meanwhile, place the **garlic** and remaining **butter** in a small microwavable bowl. Microwave, in **30 second** bursts, until melted. Add the **garlic butter** to the **green beans** and **zucchini**. Season and toss to coat.

6



## Serve up

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

## Enjoy!