



Pork Sausages & Creamy Mustard Sauce

with Mash & Garlic Veggies

Grab your Meal Kit with this symbol



Potato



Zucchini



Carrot



Garlic



Spring Onion



Classic Pork Sausages



Baby Spinach Leaves



Light Thickened Cream



Wholegrain Mustard



Beef Stock

Hands-on: **25-35 mins**
 Ready in: **30-40 mins**
Naturally gluten-free
Not suitable for Coeliacs

We've giving bangers and mash an upgrade with our super-tasty pork sausages, creamy mash speckled with spring onion and a silky mustard sauce that's so delicious you'll want to pour it over the whole shebang!

Pantry items

Olive Oil, Butter, Milk

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 · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
zucchini	1	2
carrot	1	2
garlic	1 clove	2 cloves
spring onion	2 stems	4 stems
classic pork sausages	1 packet	1 packet
butter*	40g	80g
milk*	2 tbs	½ cup
salt*	¼ tsp	½ tsp
baby spinach leaves	1 bag (30g)	1 bag (60g)
light thickened cream	1 packet (150ml)	2 packets (300ml)
wholegrain mustard	½ tub (20g)	1 tub (40g)
beef stock	½ cube	1 cube

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4016kJ (959Cal)	539kJ (128Cal)
Protein (g)	31.6g	4.2g
Fat, total (g)	73.3g	9.8g
- saturated (g)	35g	4.7g
Carbohydrate (g)	41.7g	5.6g
- sugars (g)	15.1g	2g
Sodium (mg)	1937mg	260mg

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.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. Cut the **zucchini** into 1cm rounds. Thinly slice the **carrot** (unpeeled) into half-moons. Finely chop the **garlic**. Thinly slice the **spring onion**.



Cook the garlic veggies

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Add the **zucchini** and **carrot** and cook, tossing, until just softened, **4-5 minutes**. Add the **baby spinach leaves** and cook until wilted, **1 minute**. Add the **garlic** and cook, until fragrant, **1 minute**. Transfer to a bowl.



Cook the sausages

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **pork sausages**, turning regularly, until browned all over, **5-6 minutes**. Transfer the **sausages** to an oven tray lined with baking paper and bake until cooked through, **12-15 minutes**.



Make the sauce

Return the frying pan to a medium-low heat. Add the **thickened cream**, **wholegrain mustard** (see ingredients) and crumble in the **beef stock** (1/2 cube for 2 people / 1 cubes for 4 people). Cook, stirring, until slightly thickened, **1-2 minutes**. Season to taste.

TIP: Add a little less mustard if you're not a fan of the flavour.



Make the mash

While the sausages are cooking, add the **potato** to the boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **milk**, **salt** and 1/2 the **butter**. Season with **pepper**. Mash with a potato masher or fork until smooth. Stir through the **spring onion**. Cover to keep warm.



Serve up

Divide the mash between plates and serve with the pork sausages and garlic veggies. Spoon over the creamy mustard sauce.

Enjoy!