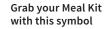
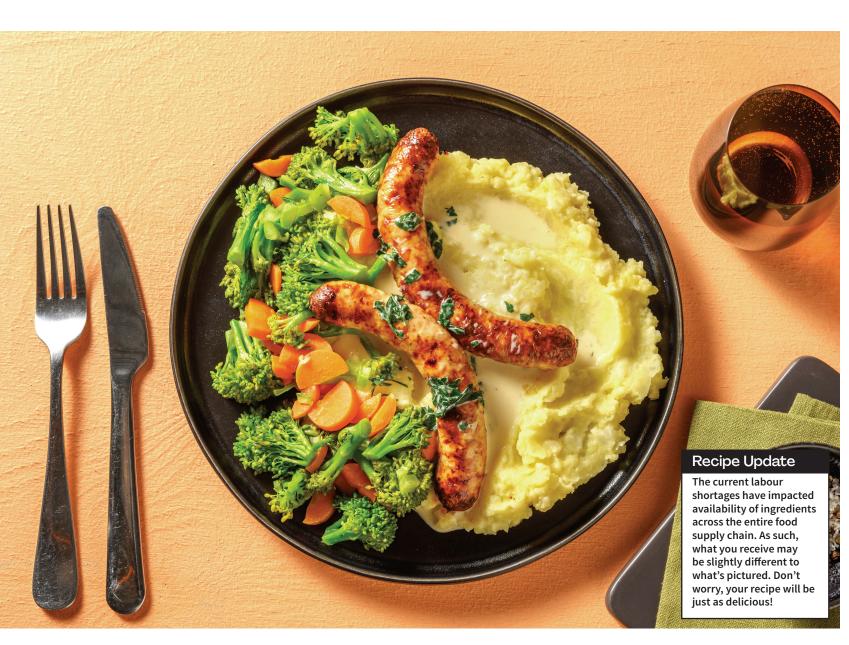


# Pork Sausages & Creamy Parsley Sauce with Sautéed Veggies & Mash









Potato



Herb Sausages





Carrot





Green Beans



**Light Cooking** Cream



Parsley

Chicken-Style Stock Powder

**Pantry items** 

Olive Oil, Milk, Butter

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

# Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
milk*	2 tbs	1/4 cup
butter*	40g	80g
pork, garlic & herb sausages	1 medium packet	1 large packet
garlic	3 cloves	6 cloves
carrot	1	2
green beans	1 small bag	1 medium bag
parsley	1 bag	1 bag
light cooking cream	1 medium packet	1 large packet
chicken-style stock powder	½ medium sachet	1 medium sachet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3678kJ (879Cal)	512kJ (122Cal)
Protein (g)	32.6g	4.5g
Fat, total (g)	61.7g	8.6g
- saturated (g)	31.1g	4.3g
Carbohydrate (g)	43.2g	6g
- sugars (g)	11.9g	1.7g
Sodium (mg)	1029mg	143mg

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.



## Make the mash

Preheat oven to 240°C/220°C fan-forced. Bring a medium saucepan of salted water to the boil. Peel potato and cut into large chunks. Cook in the boiling water until easily pierced with a knife, 12-15 minutes. Drain and return to pan. Add the milk and 1/2 the butter. Season generously with salt. Mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled!



# Bake the sausages

While potato is cooking, place **pork, garlic & herb sausages** on a lined oven tray. Bake for **10 minutes**. Turn **sausages**, then continue baking until browned and cooked through, **10-15 minutes**.



# Get prepped

While sausages are baking, finely chop **garlic**. Thinly slice **carrot** into half-moons. Trim and halve **green beans**. Finely chop **parsley**.



# Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **green beans**, tossing, until slightly softened, **4-5 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a bowl. Season to taste and cover to keep warm.

**TIP:** Add a dash of water to speed up the cooking process!



## Make the sauce

Return frying pan to medium heat with a drizzle of olive oil and remaining butter. Cook remaining garlic until fragrant, 1-2 minutes. Stir in light cooking cream, parsley and chicken-style stock powder (see ingredients). Season with pepper. Simmer until slightly reduced, 1-2 minutes. Remove from heat.



## Serve up

Divide mash and sautéed veggies between plates. Top with pork sausages. Pour over creamy parsley sauce to serve.

Enjoy!

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