



Pork Sausages & Creamy Parsley Sauce

with Sautéed Veggies & Mash

Grab your Meal Kit with this symbol



Potato



Pork, Garlic & Herb Sausages



Garlic



Carrot



Green Beans



Parsley



Light Cooking Cream



Chicken-Style Stock Powder

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

- Hands-on: 20-30 mins
- Ready in: 30-40 mins
- Naturally Gluten-Free
- Not suitable for coeliacs*

Slightly peppery parsley really brightens up the sauce and enhances all the components in this speedy snag dinner.

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 · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
milk*	2 tbs	¼ 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

*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.



1 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!



2 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**.



3 Get prepped

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



4 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!



5 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.



6 Serve up

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

Enjoy!

Rate your recipe

Scan here to rate this recipe!

