



Pork Sausages & Sweet Mustard Onion Sauce

with Potato Wedges & Nutty Broccoli Salad

NEW

Grab your Meal Kit with this symbol



Potato



Herbed Pork Sausages



Broccoli Florets



Roasted Almonds



Dijon Mustard



Onion Chutney



Mixed Salad Leaves



Balsamic & Olive Oil Dressing



Herbed Pork Sausages

Prep in: 15-25 mins
Ready in: 30-40 mins



Calorie Smart*

*Custom Recipe is not Calorie Smart

This sauce is next-level amazing and will surely leave a big impression at your dinner time. How can it not dazzle with sweet caramelised onion chutney and dijon mustard combined together to go on top of herby pork sausages? Our mouths are already watering just thinking about it!

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

Pantry items

Olive Oil

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
herbed pork sausages	1 medium packet	1 large packet
broccoli florets	1 bag (200g)	1 bag (400g)
water* (for the veggies)	¼ cup	½ cup
roasted almonds	1 packet	2 packets
dijon mustard	½ packet (12.5g)	1 packet (25g)
onion chutney	1 medium packet	1 large packet
water* (for the sauce)	2 tbs	¼ cup
mixed salad leaves	1 medium bag	1 large bag
balsamic & olive oil dressing	1 medium packet	2 medium packets
herbed pork sausages**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2676kJ (640Cal)	497kJ (119Cal)
Protein (g)	35.5g	6.6g
Fat, total (g)	32.4g	6g
- saturated (g)	8g	1.5g
Carbohydrate (g)	80.3g	14.9g
- sugars (g)	46.5g	8.6g
Sodium (mg)	2221mg	412mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3865kJ (924Cal)	561kJ (134Cal)
Protein (g)	57.6g	8.4g
Fat, total (g)	49.8g	7.2g
- saturated (g)	14.5g	2.1g
Carbohydrate (g)	118g	17.1g
- sugars (g)	74.7g	10.8g
Sodium (mg)	4149mg	602mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



2023 | CW50

1



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges, then place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.

3



Cook the broccoli

- Cut any larger **broccoli florets** in half.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **broccoli** with the **water (for the veggies)**, tossing, until tender, **8-10 minutes**. Season to taste.
- Meanwhile, roughly chop **roasted almonds**.
- In a small microwave-safe bowl, combine **dijon mustard (see ingredients)**, **onion chutney** and the **water (for the sauce)**. Microwave in **10 second** bursts until heated through.

2



Bake the sausages

- Place **herbed pork sausages** on a second lined oven tray and bake for **10 minutes**.
- Turn **sausages** and continue baking until browned and cooked through, **10-15 minutes**.

Custom Recipe: If you've doubled your herbed pork sausages, spread over two oven trays if your trays are getting crowded.

4



Serve up

- In a large bowl, add **mixed salad leaves**, broccoli, roasted almonds and **balsamic & olive oil dressing**. Season and toss to combine.
- Divide pork sausages, potato wedges and nutty broccoli salad between plates.
- Top sausages with sweet mustard onion sauce. Enjoy!

Rate your recipe

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