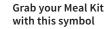


# Pork Sausages & Sweet Mustard Onion Sauce

with Potato Wedges & Nutty Broccoli Salad

NEW















Broccoli Florets

Roasted Almonds





Dijon Mustard

Onion Chutney



Mixed Salad Leaves



Oil Dressing





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!

**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  $\cdot$  Large frying pan

## Ingredients

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	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)	1/4 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	1/4 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		

<sup>\*</sup>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!

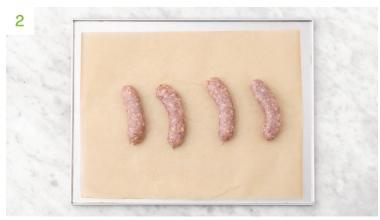
Scan here if you have any questions or concerns





# 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.



# 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.



## 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.



## 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