

Easy Pork Sausages & Mustard Onion Sauce

with Potato Wedges & Nutty Broccoli Salad

Grab your meal kit with this number

20



Potato



Herbed Pork Sausages



Broccoli Florets



Roasted Almonds



Dijon Mustard



Onion Chutney



Mixed Salad Leaves



Balsamic & Olive Oil Dressing



Herbed Pork Sausages



Beef Rump

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

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 hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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	2 medium packets OR 1 large packet
broccoli florets	1 medium packet	1 large packet
water* (for the veggies)	¼ cup	½ cup
roasted almonds	1 packet	2 packets
Dijon mustard	½ medium packet	1 medium packet
onion chutney	1 medium packet	1 large packet
water* (for the sauce)	2 tbs	¼ cup
mixed salad leaves	1 medium packet	1 large packet
balsamic & olive oil dressing	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avq Qty	Per Serving	Per 100g
Energy (kJ)	2665kJ (637Cal)	495kJ (118Cal)
Protein (g)	35.5g	6.6g
Fat, total (g)	32.3g	6g
- saturated (g)	8g	1.5g
Carbohydrate (g)	80.6g	15g
- sugars (g)	51.5g	9.6g
Sodium (mg)	2223mg	413mg
Dietary Fibre (g)	8.7g	1.6g

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.

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

- Meanwhile, 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.
- Roughly chop **roasted almonds**.
- To 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**.

4



Serve up

- Add **mixed salad leaves** to a large bowl, along with 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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW25



CUSTOM OPTIONS



DOUBLE HERBED PORK SAUSAGES

Follow method above, cooking in batches if needed.



SWAP TO BEEF RUMP

Cook, turning, for 4-6 minutes for medium. Transfer to a plate to rest.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

