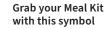


Honey Mustard Pork Sausages

with Kumara Mash & Garlicky Greens









Sausages







Green Beans











Red Onion



Wholegrain Mustard

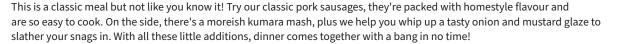


Pantry items

Olive Oil, Butter, Honey







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

Large frying pan \cdot Oven tray lined with baking paper \cdot Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
classic pork sausages	1 packet	1 packet
kumara	2 (medium)	2 (large)
salt*	1/4 tsp	½ tsp
butter*	40g	80g
green beans	1 bag (100g)	1 bag (200g)
courgette	1	2
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
red onion	1 (medium)	1 (large)
honey*	1 tbs	2 tbs
wholegrain mustard	½ packet (20g)	1 packet (80g)
water*	2 tbs	⅓ cup
parsley	1 bunch	1 bunch

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1939kJ (463Cal)	291kJ (69Cal)
Protein (g)	8.7g	1.3g
Fat, total (g)	23g	3.5g
- saturated (g)	11.7g	1.8g
Carbohydrate (g)	56.7g	8.5g
- sugars (g)	22.6g	3.4g
Sodium (mg)	628mg	94mg

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.



Cook the sausages

Preheat the oven to 220°C/200°C fan-forced. Heat a large frying pan over a medium-high heat with a drizzle of olive oil. Cook the classic pork sausages, turning, until browned all over, 5-6 minutes. Transfer the sausages to an oven tray lined with baking paper, then bake until cooked through, 12-15 minutes.



Make the kumara mash

While the sausages are cooking, bring a large saucepan of water to the boil. Peel and cut the **kumara** into 2cm chunks. Cook the **kumara** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **salt** and 1/2 the **butter** and mash using a potato masher or fork until smooth. Cover to keep warm.



Get prepped

While the kumara is cooking, trim the **green beans**. Cut the **courgette** into thick sticks. Finely chop the **garlic**.



Cook the veggies

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **green beans** and **courgette** until tender, **4-5 minutes**. Add the **garlic** (reserve a pinch for the glaze!) and **baby spinach leaves** and cook until fragrant and wilted, **1-2 minutes**. Season to taste. Transfer to a bowl.



Make the glaze

While the veggies are cooking, thinly slice the red onion. In a small bowl, combine the honey, wholegrain mustard (see ingredients), water and reserved garlic. Season with salt and pepper. Return the frying pan to a medium-high heat. Cook the onion until softened, 5 minutes. Add the honey mustard glaze and remaining butter and cook until sticky, 1-2 minutes. Return the sausages to the pan and turn to coat in the glaze.



Serve up

Roughly chop the **parsley** leaves. Divide the kumara mash between plates. Serve with the garlicky greens and honey mustard-glazed sausages. Spoon over any remaining glaze. Garnish with the parsley.

Enjoy!