



Honey Mustard Pork Sausages

with Kumara Mash & Garlicky Greens

Grab your Meal Kit with this symbol



Classic Pork Sausages



Kumara



Green Beans



Courgette



Garlic



Baby Spinach Leaves



Red Onion



Wholegrain Mustard



Parsley

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Low calorie

This is a classic meal but not like you know it! Try our classic pork sausages, they're packed with homestyle flavour and are so easy to cook. On the side, there's a moreish kumara mash, plus we help you whip up a tasty onion and mustard glaze to slather your snags in. With all these little additions, dinner comes together with a bang in no time!

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 · Oven tray lined with baking paper · 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*	¼ 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	¼ 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**.



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 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.



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.



Get prepped

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



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!