

Plant-Based Herby Sausages & Beetroot Relish

with Mustard Aioli Potatoes & Cucumber Salad

Grab your Meal Kit with this symbol



Recipe Update
 The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!



Potato



Cucumber



Herbs



Plant-Based Herby Sausages



Vegetable Stock Powder



Dijon Mustard



Plant-Based Aioli



Mixed Leaves



Beetroot Relish

- Hands-on: 15-25 mins
- Ready in: 20-30 mins
- Plant Based
- Calorie Smart

It's bangers and mash with a difference! Our veggie sausages are plant-based and packed with homestyle herby flavours. We've paired them with creamy mustard potatoes, a refreshing salad and punchy beetroot relish for a real 'bang'!

Pantry items

Olive Oil, Red Wine Vinegar

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
cucumber	1 (medium)	1 (large)
herbs	1 bag	1 bag
plant-based herby sausages	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
Dijon mustard	½ packet (7.5g)	1 packet (15g)
plant-based aioli	½ packet (50g)	1 packet (100g)
mixed leaves	1 small bag	1 medium bag
red wine vinegar*	drizzle	drizzle
beetroot relish	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2323kJ (555Cal)	432kJ (103Cal)
Protein (g)	29.8g	5.5g
Fat, total (g)	20.3g	3.8g
- saturated (g)	7.9g	1.5g
Carbohydrate (g)	57.6g	10.7g
- sugars (g)	24.1g	4.5g
Sodium (mg)	1896mg	352mg

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



Cook the potato

- Cut **potato** into bite-sized chunks. Place **potato** in a large saucepan of salted water and bring to the boil.
- Cook **potato** until easily pierced with a fork, **10-12 minutes**. Drain and return to the saucepan. Season to taste and set aside.
- Meanwhile, slice **cucumber** into half-moons. Roughly chop **herbs**.

3



Make the salads

- In a medium bowl, combine **potato**, **vegetable stock powder**, **herbs**, **Dijon mustard** (see ingredients) and **plant-based aioli** (see ingredients). Season with **salt** and **pepper**.
- In a second medium bowl, combine **cucumber**, **mixed leaves** and a drizzle of **red wine vinegar** and **olive oil**. Season to taste.

2



Cook the sausages

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **plant-based herby sausages**, turning, until browned all over and heated through, **8-10 minutes**.

4



Serve up

- Divide plant-based herby sausages, mustard aioli potatoes and cucumber salad between plates.
- Serve with **beetroot relish**.

Enjoy!