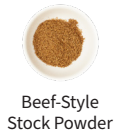
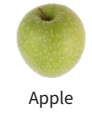
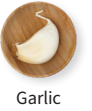


Pork Sausages & BBQ Tomato Relish

with Cheesy Mash & Cucumber Salad

Grab your Meal Kit with this symbol



 Hands-on: **30-40 mins**
Ready in: **40-50 mins**

We reckon this cheesy mash and BBQ tomato relish will become a go-to on many a busy weeknight. They're the perfect accompaniment to our juicy classic pork sausages and crisp cucumber salad – yum!

Pantry items

Olive Oil, Butter, Milk, Honey, White 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

Large saucepan · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	½	1
garlic	2 cloves	4 cloves
apple	½	1
carrot	1	2
cucumber	1 (medium)	1 (large)
classic pork sausages	1 packet	1 packet
potato	2	4
butter* (for the mash)	25g	50g
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
chopped tomatoes	½ tin	1 tin
BBQ sauce	½ packet (20g)	1 packet (40g)
water*	¼ cup	½ cup
beef-style stock powder	1 sachet	1 sachet
butter* (for the sauce)	15g	30g
honey*	½ tsp	1 tsp
white wine vinegar*	½ tbs	1 tbs
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3938kJ (941Cal)	498kJ (119Cal)
Protein (g)	38.5g	4.9g
Fat, total (g)	57.3g	7.2g
- saturated (g)	28g	3.5g
Carbohydrate (g)	66.5g	8.4g
- sugars (g)	19.7g	2.5g
Sodium (mg)	2279mg	288mg

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Bring a large saucepan of water to the boil. Thinly slice the **brown onion** (see ingredients). Finely chop the **garlic**. Grate the **apple** (see ingredients). Grate the **carrot**. Thinly slice the **cucumber** into half-moons.



Cook the relish

Return the frying pan to a medium-high heat with a drizzle of **olive oil** (if needed). Cook the **onion** until softened **4-5 minutes**. Add the **garlic** and **apple** and cook until fragrant, **3-4 minutes**. Add the **chopped tomatoes** (see ingredients), **BBQ sauce** (see ingredients), **water**, **beef-style stock powder** and **butter (for the sauce)**. Bring to the boil, then reduce the heat to medium and simmer until reduced slightly, **3-4 minutes**.



Cook the sausages

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. When the pan is hot, cook the **classic pork sausages**, turning occasionally, until browned, **5-6 minutes**. Transfer the **sausages** to an oven tray lined with baking paper and bake until cooked through, **10-15 minutes**.



Make the salad

In a medium bowl, combine the **honey**, **white wine vinegar** and a generous drizzle of **olive oil**. Season with **salt** and **pepper**. Add the **carrot**, **cucumber** and **mixed salad leaves** and toss to coat.



Make the cheesy mash

While the sausages are baking, peel the **potato** and cut into 2cm chunks. Cook the **potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return the **potato** to the saucepan. Add the **butter (for the mash)**, the **milk**, **salt** and **shredded Cheddar cheese**, then mash with a potato masher or fork until smooth. Cover to keep warm.



Serve up

Divide the cheesy mash between plates and top with the pork sausages. Spoon over the BBQ tomato relish. Serve with the cucumber salad.

Enjoy!