



Quick Sausage Meat and Mash

with Onion Gravy and Peas

Family Friendly 30 Minutes



Mild Italian Sausage, uncased



Russet Potato



Chicken Broth Concentrate



Onion, sliced



Gravy Spice Blend



Sugar Snap Peas



Cream



Garlic Salt



Green Peas

HELLO ITALIAN SAUSAGE

This delicious pork sausage mix is seasoned with fennel!

Start here

- Before starting, add 8 cups water and 2 tsp salt to a large pot (use same for 4 ppl).
- Cover and bring to a boil over high heat.
- Wash and dry all produce.

Bust out

Measuring spoons, potato masher, strainer, small bowl, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Mild Italian Sausage, uncased	250 g	500 g
Russet Potato	460 g	920 g
Chicken Broth Concentrate	2	4
Onion, sliced	56 g	113 g
Gravy Spice Blend	2 tbsp	4 tbsp
Sugar Snap Peas	113 g	227 g
Cream	56 ml	113 ml
Garlic Salt	½ tsp	1 tsp
Green Peas	113 g	227 g
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Cook potatoes

Peel, then cut **potatoes** into ½-inch pieces. Add **potatoes** to the **boiling water**. Reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min. Drain and return **potatoes** to the same pot, off heat.



Cook peas

While **potatoes** cook, trim **sugar snap peas**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **snap peas** and **green peas**. Cook, stirring often, until tender-crisp, 4-5 min. Season with **¼ tsp garlic salt** (dbl for 4 ppl) and **pepper**. Transfer to a small bowl and cover to keep warm.



Cook sausage

Add **sausage** to the same pan. Cook, breaking up **sausage** into smaller pieces, until no pink remains, 4-5 min.** Season with **pepper**. Transfer to a paper-towel lined plate and cover to keep warm.



Make gravy

Reduce heat to medium. Add **1 tbsp butter** (dbl for 4 ppl) to the same pan, then swirl the pan until melted, 30 sec. Add **onions** to the pan. Cook, stirring often, until **onions** are tender, 3-4 min. Sprinkle over **Gravy Spice Blend**, then stir until **onions** are coated, 30 sec. Add **broth concentrates** and **¾ cup water** (dbl for 4 ppl). Bring to a boil over high. Once boiling, reduce heat to medium and simmer, stirring often, until **gravy** thickens, 3-4 min. Season with **salt** and **pepper**, to taste.



Finish potatoes

Mash **2 tbsp butter** (dbl for 4 ppl) and **cream** into **potatoes** until creamy. Season with **¼ tsp garlic salt** (dbl for 4 ppl) and **pepper**.



Finish and serve

Divide **mashed potatoes** and **peas** between plates. Top **potatoes** with **sausage meat**, then pour over **onion gravy**.

Dinner Solved!