



OCT 2016

Seared Italian Sausages

with Roasted Garlic Mash and Red Onion Gravy

Delicious Italian sausages are topped with a flavourful rosemary-scented onion gravy in this recipe! A side of buttery mashed potatoes and simple charred baby gems complete the dinner.



Mild Italian Sausage



Red Onion



Baby Gem Lettuce



Chicken Broth Concentrate



Mini Yukon Potatoes



Rosemary



All-Purpose Flour

Ingredients

	2 People	4 People	
Mild Italian Sausage	1 pkg (250 g)	2 pkg (500 g)	
Red Onion, thinly sliced	1 pkg (113 g)	2 pkg (227 g)	
Baby Gem Lettuce	2	4	
Mini Yukon Potatoes	1 pkg (340 g)	2 pkg (680 g)	
Rosemary	1 pkg (7 g)	1 pkg (7 g)	
Chicken Broth Concentrate	1 pkg	2 pkg	
All-Purpose Flour	1) 1 pkg (1 tbsp)	2 pkg (2 tbsp)	
Butter*	2) 2 tbsp	4 tbsp	
Olive or Canola Oil*			

*Not Included

Allergens

1) Wheat/Blé

2) Milk/Lait

Tools

Medium Pot, Peeler, Large Pan, Measuring Cups, Measuring Spoons

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 637 cal | Fat: 25 g | Sat. Fat: 9 g | Protein: 27 g | Carbs: 77 g | Sugar: 8 g | Sodium: 645 mg | Fiber: 6 g

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Boil the potatoes: Wash and dry all produce. Peel (if desired) and dice the **potatoes** into ½-inch cubes. Cover with water in a medium pot with a large pinch of **salt**. Bring to a boil and cook until fork-tender, 10-12 min. Drain and return the potatoes to the pot.

2 Cook the sausage: Meanwhile, heat a large pan over medium heat. Add a drizzle of **oil**, then **sausages**. Cook for 2-3 min per side, until golden-brown. Add ¼ cup water and gently boil, covered, until cooked through, 6-7 min. (**TIP:** Inserting a thermometer into the cooked sausage should display an internal temperature of 160°F.)

3 Meanwhile, cut the **baby gem lettuce** into quarters lengthwise. Strip the **rosemary leaves** from the sprig and roughly chop **1½ tsp** (double for 4 people.)

4 Char the baby gems: When the sausages are cooked through, transfer them to a plate. Drain liquid from the pan, if any. Add the **baby gems** to the pan. Cook until golden on the edges, 1-2 min per side. Set aside with the sausages.

5 Make the onion gravy: Heat a drizzle of **oil** in the same pan. Add the **onions** and the **rosemary**. Cook, stirring often, until softened, 4-5 min. Reduce the heat to low. Add **half the butter** to the pan and stir until melted. Sprinkle the **flour** over the **onions**. Stir for 1 min. Whisk **½ cup water** (double for 4 people) and the **broth concentrate(s)** into the pan. Simmer until thickened, 2-3 min.

6 Finish and serve: Meanwhile, add the remaining **butter** into the **potatoes**, then mash with a fork or potato masher until smooth. Season to taste with **salt** and **pepper**. Serve the **sausages** on a bed of **mashed potatoes**, with the **charred baby gem** to the side. Drizzle the **onion gravy** over top. Enjoy!

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