



SIZZLING HONEY GARLIC SAUSAGES

with Sweet Potato Mash, Roasted Broccoli and Red Onion Gravy



HELLO

SWEET POTATO MASH

Maple syrup adds just the right amount of sweet to this mash!



Honey Garlic Sausage, cased



Broccoli, florets



Sweet Potato



Red Onion, sliced



All-Purpose Flour



Chicken Broth Concentrate



Maple Syrup

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 894

BUST OUT

- Baking Sheet
- Peeler
- Large Non-Stick Pan
- Strainer
- Measuring Cups
- Whisk
- Medium Pot
- Butter **2 (4 tbsp)**
- Measuring Spoons
- Salt and Pepper
- Potato Masher
- Olive or Canola oil
- 2 Small Bowls

INGREDIENTS

4-person

- Honey Garlic Sausage, cased 500 g
- Broccoli, florets 454 g
- Sweet Potato 680 g
- Red Onion, sliced 113 g
- All-Purpose Flour **1** 2 tbsp
- Chicken Broth Concentrate 2
- Maple Syrup 2 tbsp

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Preheat the oven to **450°F** (to roast the broccoli). Start prepping when the oven comes up to temperature! Remove the butter from the fridge and let it soften to room temperature.



1 BOIL SWEET POTATOES
Wash and dry all produce.* Peel, then cut the **sweet potatoes** into ½-inch cubes. In a medium pot, add the **sweet potatoes** and cover with **4 cups water** and **1 tsp salt**. Cover and bring to a boil over high heat. Once the **water** is boiling, reduce the heat to medium. Cook, stirring occasionally, until the **potatoes** are fork-tender, 12-15 min.



4 COOK SAUSAGE
Add another **1 tbsp oil** to the same pan, then the **sausages**. Cook, until golden-brown, 2-3 min per side. Carefully add **1 cup water** and bring to a gentle boil. Cover and cook until **sausages** are cooked through, 6-7 min. (**TIP:** Cook to a min internal temp. of 71°C/160°F, as size may vary.**) When **sausages** are done, transfer them to a plate and cover to keep warm.



2 ROAST VEGGIES
Meanwhile, cut any large **broccoli florets** into bite-size pieces. In a small bowl, stir together the **flour** and **2 tbsp** room temp **butter**. Set aside. On a baking sheet, toss the **broccoli** with **1 tbsp oil**. Season with **salt** and **pepper**. Roast in the middle of the oven, stirring halfway through cooking, until tender, 12-14 min.



5 MASH POTATOES
Add **1 cup water** and **broth concentrates** to the same pan. Bring to a boil, then add the **flour-butter mixture**. Cook, whisking together, until the **gravy** thickens, 2-3 min. Drain **sweet potatoes**, then return them to the same pot. Add **2 tbsp** room temp. **butter** and **2 tbsp maple syrup**, then mash together with a potato masher until smooth. Season with **salt** and **pepper**.



3 COOK ONIONS
Meanwhile, heat a large non-stick pan over medium heat. When the pan is hot, add **1 tbsp oil**, then the **onions**. Cook until softened, 4-5 min. Transfer the **onions** to another small bowl and set aside.



6 FINISH AND SERVE
Slice the **sausages**, then add **sausages, onions** and any juices from the plate to the pan with the **gravy**. Stir together until warmed through, 1-2 min. Divide **sausages, mash** and **broccoli** between plates. Drizzle over **onion gravy**.

DELICIOUS!

Return the sausages and juices to the gravy and you're guaranteed to maximize the flavour!