





Bangers and Mash

with Caramelized Onion Gravy

 30-40min  2 Servings

We've imported a recipe for the ultimate British comfort food - Bangers and Mash. Except, for our twist, we've used sweet Italian sausage instead of traditional British bangers. The addition of cream cheese and butter in the mash adds a decadent touch, while the silky onion gravy ties it all together. Cook, relax, and enjoy!

What we send

- whole grain mustard ¹⁷
- turkey broth pkt
- fresh chives
- russet potatoes
- peas
- yellow onion
- sweet Italian sausage

What you need

- all-purpose flour ¹
- coarse kosher salt
- freshly ground pepper
- olive oil

Tools

- colander
- medium saucepan
- medium skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

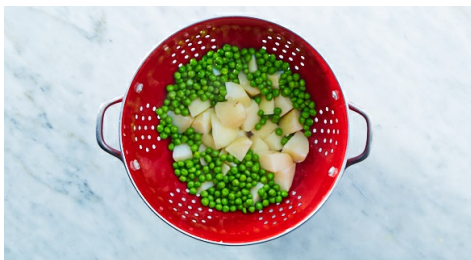
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 741kcal, Fat 36g, Carbs 65g, Proteins 38g



1. Boil potatoes

Peel **potato** and cut into 1-inch pieces. Place in a medium saucepan with **2 teaspoons salt**, cover with 1-inch of water, and bring to a boil. Reduce heat to a simmer and cook until potatoes are tender when pierced, about 10 minutes. Add **peas** and cook 1 minute. Drain and return potatoes and peas to saucepan.



4. Make gravy

Add **1 tablespoon flour** to **onions** and cook until toasted, about 1 minute, Stir in **1 cup water, broth concentrate, mustard, ½ teaspoon salt, and a few grinds pepper**, and bring to a boil.



2. Brown sausages

Meanwhile, prick **sausages** all over with a fork. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add sausages and cook, turning occasionally, until browned all over but not cooked through, 4-6 minutes. Transfer to a plate, cover and set aside until step 5. Reserve skillet for onions.



5. Finish sausages

Return **sausages** and **any juices** to the skillet, reduce heat and simmer, covered until sausages are cooked through, and sauce is slightly thickened, 5-7 minutes.



3. Caramelize onions


Trim ends from **onion**, then halve, peel, and thinly slice. Add **½ tablespoon oil** to skillet over medium-high. Add **onion**, cover, cook, stirring occasionally, until softened, about 3 minutes. Uncover, season with **¼ teaspoon salt**, cook, scraping up brown bits from bottom of pan, until onions are golden brown, 6-8 minutes. (Reduce heat if browning too quickly.)



6. Mash potatoes & serve

Chop **chives**. Return saucepan of **potatoes** over medium heat, add **butter** and **cream cheese**, and cook, stirring frequently and lightly mashing with a spoon, until pale, dry and warm, about 1 minute. Stir in **half of the chives** and season to taste with **salt** and **pepper**. Serve **mashed potatoes** topped with **sausages** and **onion gravy**. Garnish with **remaining chives**....

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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