



Bangers & Mash

with Caramelized Onion Gravy

 30-40min  2 Servings

We've imported a recipe for the ultimate British comfort food, bangers and mash. For our twist, we've swapped in sweet Italian sausages for the traditional British bangers and added cream cheese to the mash for a luxurious touch. The silky onion gravy ties it all together beautifully.

What we send

- 3 potatoes
- 5 oz peas
- 12 oz pkg bratwurst
- 1 yellow onion
- 1 pkt turkey broth concentrate
- 1 oz whole-grain mustard ¹⁷
- ¼ oz fresh chives
- 1 oz cream cheese ⁷

What you need

- kosher salt & ground pepper
- olive oil
- all-purpose flour (or gluten-free alternative)
- butter ⁷

Tools

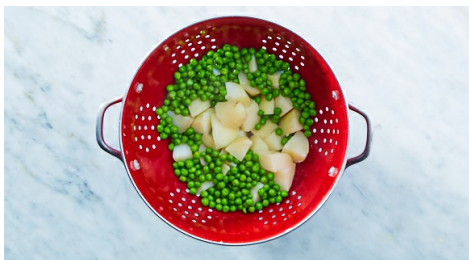
- medium saucepan
- colander
- medium skillet

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1110kcal, Fat 70g, Carbs 83g, Protein 34g



1. Boil potatoes & peas

Peel **potato**, then cut into 1-inch pieces. Place in a medium saucepan with **2 teaspoons salt**; cover with 1 inch of water. Bring to a boil over high heat. Reduce heat to medium-high and cook until potatoes are just tender when pierced with a knife, about 10 minutes. Add **peas** and cook together, 2 minutes. Drain and return potatoes and peas to saucepan. Cover to keep warm.



4. Make gravy

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



2. Brown sausages

Meanwhile, heat **1 tablespoon oil** in a medium skillet over medium-high. Add **sausages** and cook, turning occasionally, until browned all over, 4-6 minutes. Transfer to a plate and set aside until step 5. Reserve skillet.



5. Finish sausages

Return **sausages** and **any resting juices** to skillet, reduce heat, and simmer, covered, until sausages are heated through and sauce is slightly thickened, about 5 minutes.

Meanwhile, finely chop **chives**. Return saucepan with **potatoes and peas** to medium heat.



3. Caramelize onions

Halve, peel, and thinly slice **all of the onion**. Heat **½ tablespoon oil** in reserved skillet over medium-high. Add onions; cover and cook, stirring occasionally, until softened, about 3 minutes. Uncover, season with **¼ teaspoon salt** and cook, stirring occasionally and scraping up brown bits from skillet, until golden-brown, 6-8 minutes. (Reduce heat if browning too quickly.)



6. Mash potatoes & serve

Immediately add **cream cheese** and **1 tablespoon butter** to saucepan, and cook, stirring and lightly mashing potatoes with a spoon or fork, until creamy and warmed through, about 1 minute. Stir in **half of the chives** and season to taste with **salt** and **pepper**. Serve **mash** topped with **sausages** and **onion gravy**. Garnish with **remaining chives**. Enjoy!