



# Italian Sausage in Marinara with Parmesan Potato-Cauli Mash

Family Friendly

Quick

25 Minutes



Mild Italian Sausage,  
uncased



Parmesan Cheese,  
shredded



Garlic Salt



Cauliflower, florets



Russet Potato



Marinara Sauce



Mirepoix



Basil



Soy Sauce



Tomato Sauce Base

HELLO MIREPOIX

*A classic flavour base made up of carrots, celery and onions!*

## Start here

Before starting, wash and dry all produce.

### Bust out

Vegetable peeler, measuring spoons, potato masher, measuring cups, large pot, large non-stick pan, colander

### Ingredients

	2 Person	4 Person
Mild Italian Sausage, uncased	250 g	500 g
Parmesan Cheese, shredded	½ cup	1 cup
Garlic Salt	1 tsp	2 tsp
Cauliflower, florets	285 g	570 g
Russet Potato	460 g	920 g
Marinara Sauce	½ cup	1 cup
Mirepoix	113 g	227 g
Basil	7 g	7 g
Soy Sauce	1 ½ tsp	3 tsp
Tomato Sauce Base	2 tbsp	4 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Sugar*	¼ tsp	½ tsp
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

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca

    @HelloFreshCA



### Cook potatoes and cauliflower

Peel, then cut **potatoes** into 1-inch pieces. Cut **cauliflower** into bite-sized pieces. Add **potatoes, cauliflower, 2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium-high. Simmer uncovered until fork-tender, 10-12 min. Reserve **½ cup cooking water** (dbl for 4 ppl), then drain and return **veggies** to the same pot, off heat.



### Cook sauce

Add **tomato sauce base** to the pan with **sausage and veggies**. Cook, stirring often, until coated, 30 sec. Add **marinara sauce, soy sauce, ¼ tsp sugar** (dbl for 4 ppl) and **reserved cooking water**. Bring to a simmer. Simmer, stirring occasionally, until **sauce** thickens slightly, 2-3 min. Season with **pepper**, to taste. Remove the pan from heat.



### Cook mirepoix

While **potatoes and cauliflower** cook, heat a large non-stick pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **mirepoix**. Cook, stirring occasionally, until slightly softened, 5-6 min.



### Make potato-cauli mash

While **sauce** simmers, mash **three-quarters of the Parmesan** and **2 tbsp butter** (dbl for 4 ppl) into **potatoes and cauliflower** until mostly creamy. (**NOTE:** Potato-cauli mash will still have a few chunks!) Season with **pepper**, to taste.



### Cook sausage

Increase heat to medium-high. Add **sausage** to the pan with **mirepoix**. Cook, breaking up **sausage** into smaller pieces, until no pink remains, 4-5 min. **\*\*** Season with **garlic salt** and **pepper**.



### Finish and serve

Divide **potato-cauli mash** between plates. Spoon **sausage and sauce** over **mash**. Sprinkle with **remaining Parmesan**. Tear **basil** over top.

## Dinner Solved!