

Viennese Beef Sausages

with Cheesy Mashed Sweet Potato

TIME: 30-40 minutes

SERVINGS: 2

This recipe showcases Viennese beef sausages, a gourmet variety studded with nutty Swiss cheese. We're pairing the hearty, cheesy sausages with sweet peppers and kale (you may receive green curly, dark green lacinato, or red kale). A side of mashed sweet potato, finished with melty Monterey Jack, adds another layer of savory-sweet flavor to the dish.



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Ingredients



2
VIENNESE BEEF
SAUSAGES*



4 oz
SWEET PEPPERS



2 cloves
GARLIC



1 bunch
KALE



1
SWEET POTATO



1 bunch
PARSLEY

KNICK KNACKS:



2 oz
MONTEREY JACK
CHEESE



1 Tbsp
RED WINE
VINEGAR



1
SHALLOT

* made with natural pork casings



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1 Prepare the ingredients:

- ☐ Heat a small pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Peel and large dice the sweet potato.
- ☐ Medium dice the cheese.
- ☐ Peel and thinly slice the shallot.
- ☐ Remove and discard the kale stems; roughly chop the leaves.
- ☐ Peel and roughly chop the garlic.
- ☐ Cut off and discard the pepper stems. Quarter the peppers lengthwise, then remove and discard the ribs and seeds.
- ☐ Roughly chop the parsley leaves and stems.
- ☐ Cut the sausages on an angle into 2-inch pieces.



2 Cook & mash the sweet potato:

- ☐ Add the **sweet potato** to the pot of boiling water. Cook 12 to 14 minutes, or until tender when pierced with a fork.
- ☐ Turn off the heat. Drain thoroughly and return to the pot. Add the **cheese**; season with salt and pepper. Using a fork, mash to your desired consistency. Season with salt and pepper to taste.

3 Brown the sausages:

- ☐ While the sweet potato cooks, in a medium pan, heat a drizzle of olive oil on medium-high until hot.
- ☐ Add the **sausages** and cook, turning occasionally, 2 to 3 minutes, or until lightly browned.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a plate. Set aside in a warm place.



4 Start the vegetables:

- ☐ While the sweet potato continues to cook, add the **shallot** to the pan of reserved fond; season with salt and pepper. (If the pan seems dry, add a drizzle of olive oil.) Cook on medium-high, stirring occasionally, 1 to 2 minutes, or until lightly browned and slightly softened.
- ☐ Add the **kale, garlic, and peppers**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the kale has wilted.

5 Finish the vegetables & sausages:

- ☐ Add the **browned sausages** and **½ cup of water** to the pan. Cook, stirring occasionally, 4 to 6 minutes, or until the water has cooked off.
- ☐ Add the **vinegar** (be careful, as the vinegar may splatter) and cook, stirring constantly, 30 seconds to 1 minute, or until thoroughly combined. Turn off the heat; season with salt and pepper to taste.



6 Plate your dish:

- ☐ Divide the **mashed sweet potato** and **finished vegetables and sausages** between 2 dishes. Garnish with the **parsley** and a drizzle of olive oil. Enjoy!