



# BBQ Sausage Skewers

with Cheesy Chips and Rocket Salad

N° 11

**FAMILY** Hands On Time: 15 Minutes • Total Time: 45 Minutes • 1 of your 5 a day



Wooden Skewers



Potato



Green Pepper



Red Onion



Honey and Mustard Sausages



BBQ Sauce



Cheddar Cheese



Honey



Cider Vinegar



Rocket

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools, you will need:

Baking Tray, Mixing Bowl, Baking Tray and Coarse Grater.

### Ingredients

	2P	3P	4P
Wooden Skewers	4	6	8
Potato**	1 small pack	1 large pack	2 small packs
Green Pepper**	1	2	2
Red Onion**	1	1	2
Honey and Mustard Sausages 9) 14)**	4	6	8
BBQ Sauce 13)	2 sachets	3 sachets	4 sachets
Cheddar Cheese 7)**	1 block	2 blocks	2 blocks
Honey	1 sachet	1½ sachets	2 sachets
Cider Vinegar 14)	1 sachet	1 sachet	1 sachet
Olive Oil for the Dressing*	1½ tbsp	2 tbsp	3 tbsp
Rocket**	1 bag	1 bag	2 bags

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	574g	100g
Energy (kJ/kcal)	2743 / 656	478 / 114
Fat (g)	25	4
Sat. Fat (g)	10	2
Carbohydrate (g)	77	13
Sugars (g)	26	5
Protein (g)	27	5
Salt (g)	2.84	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 9) Mustard 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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Packed in the UK



## 1. Roast the Potato

Preheat your oven to 200°C. Put the **skewers** in a bowl of **water** to soak (this stops them burning). Chop the **potatoes** into 2cm wide wedges (no need to peel!). Put the **potato wedges** onto a tray. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat. Spread out and roast on the top shelf of the oven until golden, 30-35 mins. Turn your **wedges** halfway through cooking.



## 4. Roast the Skewers

Put the **skewers** on a lightly oiled foil lined baking tray. Move your **wedges** to the middle shelf and cook the **skewers** on the top shelf for 20-25 mins until crispy and cooked through. **IMPORTANT:** The sausage is cooked when no longer pink in the middle. Grate the **cheddar cheese**.



## 2. Prep the Veg

Meanwhile, halve the **pepper** and discard the core and seeds. Chop into small pieces. Halve and peel the **onion**, then chop each half into 4 - 6 wedges. Separate the **onion layers**. Chop the **sausage** into bite-sized chunks (about 2cm). Put your **veggies** and **sausage** into a large bowl and add **half** the **BBQ sauce**. Mix together carefully with your hands. **IMPORTANT:** Wash your hands after handling raw meat.



## 5. Make the Dressing

Wash up the large bowl you used for your veggies and sausage. Mix the **honey**, **cider vinegar** a pinch of **salt** and **pepper** and the **oil** (see ingredients for amount). Whisk together with a fork. Do any washing up while you have time.



## 3. Build the Skewers

Thread the **veggie** and **sausage** chunks onto the **skewers** in the following order: **sausage** - **pepper** - a couple of **onion pieces** and so on. **TIP:** You are aiming for two skewers per person. **IMPORTANT:** Wash your hands after handling raw meat.



## 6. Time for the Cheese

When your **sausage skewers** are cooked, remove from the oven and cover with foil. Switch your grill to high. Sprinkle the **cheese** over your **potato wedges** and pop under the grill for 3-5 mins, or until the **cheese** is melted and bubbling. Add the **rocket leaves** to the bowl with the **dressing** and toss to coat the **leaves**. Serve your **skewers** with the **cheesy chips** and **salad** on the side. Add a dollop of leftover **BBQ sauce**...

Enjoy!

There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.