

BBQ Sausage Skewers

with Cheesy Chips and Rocket Salad



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







Wooden Skewers





Green Pepper



Red Onion



Honey and Mustard Sausages



Cheddar Cheese



Honey

BBQ Sauce



Cider Vinegar



Rocket

Before you start

Our fruit, veggies and herbs need a wash before vou 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	1⅓ 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

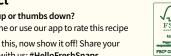
7) Milk 9) Mustard 13) Gluten 14) Sulphites

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.

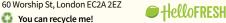
Contact

Thumbs up or thumbs down? Head online or use our app to rate this recipe You made this, now show it off! Share your creations with us: #HelloFreshSnaps



Packed in the UK

HelloFresh UK The Fresh Farm 60 Worship St, London EC2A 2EZ





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.



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 **BBO sauce**. Mix together carefully with your hands. **IMPORTANT:** Wash your hands after handling raw meat.



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.



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.



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.



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.