



# Chicken & Halloumi Skewers and Chorizo Sausages with Fresh BBQ Salads

**BBQ FEAST** 40 Minutes • Little Heat • 1 of your 5 a day

Nº 20



Bamboo Skewers



Potato



Spring Onion



Lemon



Chicken Thigh



Halloumi



Asparagus



Radish



Chorizo Style  
Pork Sausage



Honey



Mayonnaise



Dijon Mustard



Pea Shoots



## Before you start

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

### Basic cooking tools, you will need:

Saucepan, Colander, Fine Grater, Frying Pan and Baking Tray.

### Ingredients

	2P	3P	4P
Bamboo Skewers	6	9	12
Potato**	1 small pack	1 large pack	2 small packs
Spring Onion**	1	2	2
Lemon**	1	1	1
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Chicken Thigh**	3	4	6
Halloumi 7)**	1 block	2 blocks	2 blocks
Asparagus**	1 small pack	1 medium pack	1 large pack
Radish**	1 small bag	1 large bag	2 small bags
Chorizo Style Pork Sausage 14)**	4	6	8
Honey	1 sachet	2 sachets	2 sachets
Mayonnaise 8) 9)	2 pots	3 pots	4 pots
Dijon Mustard 9)	1 pouch	1 pouch	2 pouches
Pea Shoots**	1 bag	2 bags	2 bags

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	849g	100g
Energy (kJ/kcal)	5883 / 1406	693 / 166
Fat (g)	93	11
Sat. Fat (g)	32	4
Carbohydrate (g)	63	7
Sugars (g)	16	2
Protein (g)	81	10
Salt (g)	5.46	0.64

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 8) Egg 9) Mustard 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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## 1. Start the Prep

If you're not using a BBQ, preheat your oven to 200°C. Soak the **skewers** in a dish of **water**. Bring a medium saucepan to the boil with ½ tsp of **salt**. Chop the **potatoes** into 2cm chunks (no need to peel!), and add them to the boiling **water**. Simmer until tender, 15-20 mins, then drain in a colander and pop into the bowl you're going to serve them in to cool. Meanwhile, trim the **spring onions** and thinly slice, set aside. Zest the **lemon** and cut in half. In a small bowl, add the **oil** (see ingredients for amount) and the **lemon juice**. Season with **salt** and **pepper** and mix together. Set aside - this is your **dressing** for the salad later.



## 4. Cook the Chorizo

If you're cooking your **chorizo sausages** in the oven, pop them on a baking tray and drizzle with **oil**. Bake them on the top shelf of your oven until browned and cooked through, 20-25 mins. **IMPORTANT:** The sausages are cooked when no longer pink in the middle. You can also BBQ them instead if you want - just make sure they are cooked through!



## 2. Make the Skewers

Cut the **chicken thighs** into 2cm pieces. Cut the **halloumi** into 2cm cubes. Skewer the **chicken** and **halloumi**, alternating on each **skewer**. This should make three **skewers** per person. Season well and set aside for grilling later. **IMPORTANT:** Wash your hands after handling raw meat.



## 5. Cook the Skewers

Pop the frying pan back on the heat (no need to wash), and drizzle with a splash of **oil**. Add the **skewers**. Pan fry the **skewers** turning every minute or so, until golden and charred, 8 minutes. Drizzle them with the **honey** and cook for the last minute of cooking and turn to coat. You may need to cook these in batches depending on the size of your pan. **IMPORTANT:** The chicken is cooked when it is no longer pink in the middle. You can also do this on the BBQ, make sure the **chicken** is cooked through.



## 3. Make the Summer Salad

Trim the bottom 2cm off of the **asparagus** and discard. Trim and thinly slice the **radishes**. Heat a drizzle of **oil** in a medium frying pan on medium-high heat. Once hot, add the **asparagus** and pan fry until slightly charred, 2-3 mins, turning regularly. Add a splash of **water** to the pan and keep cooking the **asparagus** until tender, 3-4 more mins. Season with **salt** and **pepper**. Once cooked, pop the **asparagus** in a large salad bowl, add the sliced **radishes** and set aside.



## 6. Serve up

Once everything is nearly ready, add the **mayo**, **lemon zest**, **spring onion** and **Dijon mustard** to the **potato**. Season with **salt** and **pepper** and mix until combined. Add the **peashoots** to the **asparagus** and **radish**. Drizzle the **lemon dressing** onto **salad** and toss together. Serve the **skewers** with a couple of **sausages** per person and the 2 **salads** alongside.

## 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.