



Plant Based Veggie Sausages

with Homemade BBQ Beans and Cheese & Onion Wedges

CLASSIC 35 Minutes • Veggie

N° 19



Potato



Linda McCartney Sausages



Echalion Shallot



Spring Onion



Garlic Clove



Cheddar Cheese



Cannellini Beans



Tomato Passata



Vegetable Stock Powder



BBQ Sauce

Before you start

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

Basic cooking tools, you will need:

Two Baking Trays, Fine Grater (or Garlic Press), Coarse Grater, Sieve, Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Linda McCartney Sausages 11) 13) 14)**	1 pack	1½ packs	2 packs
Echalion Shallot**	1	1	2
Spring Onion**	2	3	4
Garlic Clove**	1 clove	2 cloves	2 cloves
Cheddar Cheese 7)**	2 blocks	3 blocks	4 blocks
Cannellini Beans	1 carton	1½ cartons	2 cartons
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Beans*	100ml	150ml	200ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
BBQ Sauce 13)	1 sachet	2 sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	682g	100g
Energy (kJ/kcal)	2768 /662	406 /97
Fat (g)	19	3
Sat. Fat (g)	8	1
Carbohydrate (g)	67	10
Sugars (g)	12	2
Protein (g)	47	7
Salt (g)	4.36	0.64

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 11) Soya 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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You can recycle me!

Packed in the UK



1. Roast the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out and roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP: Use two baking trays if necessary, you want the potatoes nicely spread out.**



2. Finish the Prep

Pop the **sausages** on another lightly oiled baking tray and set aside. Halve, peel and thinly slice the **shallot**. Trim the **spring onion** and thinly slice. Peel and grate the **garlic** (or use a garlic press). Grate the **Cheddar cheese** on the fine side of your grater. Drain and rinse the **cannellini beans**.



3. Sausages and Cheese!

When the **wedges** have been cooking for 15 mins, remove from the oven, turn them and sprinkle the **cheese** and **spring onions** over. Pop back on the top shelf to cook until golden and crispy, 10-15 mins. At the same time, pop the **veggie sausages** on the middle shelf of the oven to cook until starting to crisp up, 16 mins. **IMPORTANT: The sausages are cooked when piping hot.**



4. Cook the Beans

Meanwhile, heat a drizzle of **oil** in a frying pan on medium high heat. When hot, add the **shallot** and fry until softened, 3-4 mins. Add the **garlic**, stir and cook for 1 minute, then stir in the **passata**, **water** (see ingredients for amount) and **veg stock powder**. Bring to the boil, reduce the heat slightly and simmer, stirring gently until the **beans** have thickened, 5-7 mins.



5. Finish Off

When the **beans** are cooked, taste and add **salt** and **pepper** if you feel it needs it. Stir in the **BBQ sauce**.



6. Serve

When everything is ready, re-heat your **BBQ beans** through if necessary and serve with the **veggie sausages** with the **wedges** on the side.

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.