



Sausage Bánh mì

with Cucumber & Carrot Pickle and Wedges

CLASSIC 35 Minutes • Medium Heat • 1.5 of your 5 a day



Potato



Cucumber



Carrot



Rice Vinegar



Lime



Mayonnaise



Coriander



Thai Spice Blend



Pork Sausage Meat



Brioche Bun

Before you start

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

Basic cooking tools, you will need:

Peeler, Baking Tray, Small Saucepan, Mixing Bowl and Frying Pan.

Ingredients

| | 2P | 3P | 4P |
|-----------------------------|--------------|--------------|---------------|
| Potato** | 1 small pack | 1 large pack | 2 small packs |
| Cucumber** | ½ | ¾ | 1 |
| Carrot** | 1 | 2 | 2 |
| Rice Vinegar | 2 sachets | 3 sachets | 4 sachets |
| Sugar for the Pickle* | 1 tsp | 1½ tsp | 2 tsp |
| Water for the Pickle* | 2 tbsp | 3 tbsp | 4 tbsp |
| Salt for the Pickle* | ¼ tsp | ½ tsp | ½ tsp |
| Lime** | ½ tsp | 1 tsp | 1 tsp |
| Mayonnaise 8) 9) | 2 sachets | 3 sachets | 4 sachets |
| Coriander** | 1 bunch | 1 bunch | 1 bunch |
| Thai Spice Blend 3) | ½ pot | 1 pot | 1 pot |
| Pork Sausage Meat 13) 14)** | 225g | 340g | 450g |
| Brioche Bun 7) 8) 11) 13) | 2 | 3 | 4 |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|-----------|
| for uncooked ingredient | 618g | 100g |
| Energy (kJ/kcal) | 3404 / 814 | 551 / 132 |
| Fat (g) | 39 | 6 |
| Sat. Fat (g) | 13 | 2 |
| Carbohydrate (g) | 91 | 15 |
| Sugars (g) | 11 | 2 |
| Protein (g) | 30 | 5 |
| Salt (g) | 2.42 | 0.39 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

3) Sesame 7) Milk 8) Egg 9) Mustard 11) Soya 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. Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Trim the **cucumber**. Use a vegetable peeler to peel long ribbons from all sides of the length of the **cucumber**. Stop when you get to the seeds (discard the seeds). Trim the **carrot**. Use a vegetable peeler to peel long ribbons from all sides of the length of the **carrot**. Stop when you can't peel anymore (and have the rest of the **carrot** as a pre-dinner snack!).



4. Prep the Meatballs

Zest the **lime**, cut into wedges. Put the **mayo** in a bowl, squeeze in **half the lime juice**. Set aside. Finely chop the **coriander** (stalks and all). Pop the **Thai spice** in a bowl (see ingredients for amount (beware, it's quite spicy!)) and add the **lime zest, sausage meat** and **half the coriander**. Mix together with your hands until combined. Wet your hands and shape into 5 balls per person. **IMPORTANT: Wash your hands after handling raw meat.**



2. Cook the Wedges

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.**



5. Fry the Meatballs

Heat a drizzle of **oil** in a frying pan on medium-high heat, once hot, add the **meatballs** and fry until golden on the outside and cooked through, 10-12 mins. Turn every 2 mins and turn the heat down if necessary. **IMPORTANT: The meat is cooked when no longer pink in the middle.** While the **meatballs** cook, halve the **brioche buns** lengthways down the middle (but not the whole way through). Pop them into the oven for the last 2 mins of wedge cooking time to warm through.



3. Make the Pickle

Put the **vinegar, sugar, water** and **salt** (see ingredients for all amounts) in a small saucepan over medium heat. Stir and cook until the **sugar** and **salt** have dissolved, 1-2 mins. Put the **cucumber** and **carrot** ribbons in a bowl. Pour over the **pickling liquid** and toss to coat. Set aside.



6. Finish and Serve

Add the remaining **coriander** to the **carrot** and **cucumber** and mix together. Spread a spoonful of **mayo** on the bottom of each bun and top with the **meatballs**. Finish with a little of the **pickle** (but leave the liquid in the bowl). Serve the **sausage Bánh mì** on plates with the remaining **pickle** alongside, the **wedges** and the remaining **mayo** to dip your **chips** in. Finish with **lime wedges**.

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.