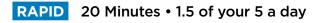


Speedy BBQ Sausages

with Sweet Potato Fries and Bacon Jam







Before you start

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

Basic cooking tools, you will need: Baking Tray, Saucepan and Measuring Jug. Ingredients

| - | | | |
|--------------------------------------|-----------------|-----------------|------------------|
| | 2P | 3P | 4P |
| Sweet Potato Fries** | 1 small pack | 1 large pack | 2 small packs |
| BBQ Smoked Sausage 14) ** | 2 | 3 | 4 |
| Baby Gem Lettuce** | 1 | 1½ | 2 |
| Red Wine Vinegar 14) | ½ sachet | 1 sachet | 1 sachet |
| Olive Oil for the Dressing* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Bacon Lardons** | 60g | 90g | 120g |
| Original Onion Marmalade* | 1 pot | 1½ pots | 2 pots |
| Sugar for the Bacon Jam* | 1 tsp | 1½ tsp | 2 tsp |
| Water for the Bacon Jam* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Brioche Roll 7) 8) 11) 13) | 2 | 3 | 4 |
| | | | |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 400g | 100g |
| Energy (kJ/kcal) | 3326 / 795 | 832/199 |
| Fat (g) | 40 | 10 |
| Sat. Fat (g) | 15 | 4 |
| Carbohydrate (g) | 83 | 21 |
| Sugars (g) | 18 | 5 |
| Protein (g) | 27 | 7 |
| Salt (g) | 2 47 | 0.62 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 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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HelloFRESH

HelloFresh UK The Fresh Farm

60 Worship St, London EC2A 2EZ



a) Preheat your oven to 210°C.

b) Pop the **sweet potato fries** and **BBQ sausages** on a baking tray.

c) Drizzle the fries with oil and season with salt and pepper.

d) Toss to coat then spread out and roast on the top shelf of your oven until golden and the **sausages** are cooked, 18-20 mins. *IMPORTANT: The sausages are cooked when no longer pink in the middle.*



4. Dress the Salad

a) 1 minute before the fries and **sausages** are ready, warm the **brioche buns** in the oven for 1 minute.

b) Meanwhile, add the **baby gem** to the bowl with the **dressing**.Toss to coat.



2. Prep

a) Meanwhile, trim the root from the **baby gem lettuce** and separate the leaves.

b) In a large bowl, mix the **red wine vinegar** with **olive oil** (see ingredients for amount).



3. Make the Bacon Jam

a) About 10 minutes before everything is ready, heat a drizzle of **oil** in a small saucepan on medium-high heat.

b) Add the **bacon lardons** and cook, stirring occasionally, until crisp and golden, 6-7 mins.

c) Stir in the **onion marmalade**, **sugar** and **water** (see ingredients for amount).

d) Bubble until thickened and jammy, 2-3 mins, then set aside.



5. Assemble

a) Once the **sausages** are cooked, slice the **brioche bun** down the middle.

b) Pop a **sausage** in the **bun** then spoon over the **bacon jam**.



6. Serve a) Serve alongside the sweet potato fries and baby gem salad.

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.