



# Speedy BBQ Sausages

with Sweet Potato Fries and Bacon Jam

N° 15

**RAPID** 20 Minutes • 1.5 of your 5 a day



Sweet Potato Fries



BBQ Smoked Sausage



Baby Gem Lettuce



Red Wine Vinegar



Bacon Lardons



Original Onion Marmalade



Brioche Roll

## 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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Packed in the UK



## 1. Bake the Fries

- Preheat your oven to 210°C.
- Pop the **sweet potato fries** and **BBQ sausages** on a baking tray.
- Drizzle the **fries** with **oil** and season with **salt** and **pepper**.
- 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

- 1 minute before the fries and **sausages** are ready, warm the **brioche buns** in the oven for 1 minute.
- Meanwhile, add the **baby gem** to the bowl with the **dressing**. Toss to coat.



## 2. Prep

- Meanwhile, trim the root from the **baby gem lettuce** and separate the leaves.
- In a large bowl, mix the **red wine vinegar** with **olive oil** (see ingredients for amount).



## 5. Assemble

- Once the **sausages** are cooked, slice the **brioche bun** down the middle.
- Pop a **sausage** in the **bun** then spoon over the **bacon jam**.



## 3. Make the Bacon Jam

- About 10 minutes before everything is ready, heat a drizzle of **oil** in a small saucepan on medium-high heat.
- Add the **bacon lardons** and cook, stirring occasionally, until crisp and golden, 6-7 mins.
- Stir in the **onion marmalade**, **sugar** and **water** (see ingredients for amount).
- Bubble until thickened and jammy, 2-3 mins, then set aside.



## 6. Serve

- 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.