



APR  
2016

## One-Sheet Sausage and Pepper Hoagies with Broiled Asparagus

This ballpark classic is perfect for baseball season! All the components cook in the oven on a baking sheet, leaving you with almost no cleanup. That way, you'll be able to sit back and enjoy the game.



Prep: 10 min  
Total: 30 min



level 1



nut  
free



Sweet Italian  
Sausage



Red Bell Peppers



Green Bell Peppers



Yellow Onions



Po' Boy Rolls



Asparagus



Italian Blend  
Cheese



Italian Spice  
Blend

## Ingredients

Sweet Italian Sausage		18 oz
Red Bell Peppers		2
Green Bell Peppers		2
Yellow Onions		2
Po' Boy Rolls	1) 2)	4
Asparagus		12 oz
Italian Blend Cheese	3)	1 Cup
Italian Spice Blend		2 t
Oil*		2 T

4 People

\*Not Included

## Allergens

1) Wheat

2) Soy

3) Milk

## Tools

Baking sheet

Ruler

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**Nutrition per person** Calories: 720 cal | Fat: 42 g | Sat. Fat: 15 g | Protein: 37 g | Carbs: 50 g | Sugar: 9 g | Sodium: 1214 mg | Fiber: 6 g

1



**1 Prep the veggies: Wash and dry all produce.** Preheat the oven to 425 degrees. Core, seed, and thinly slice the **bell peppers**. Halve, peel, and thinly slice the **onions**.

2



**2 Roast the veggies and sausages:** Toss the **peppers** and **onions** on a baking sheet with two large drizzles of **oil** and season with **salt** and **pepper**. Poke a few holes in the **sausages** with a fork and place on top of the vegetables. Place in the oven for 15 minutes.

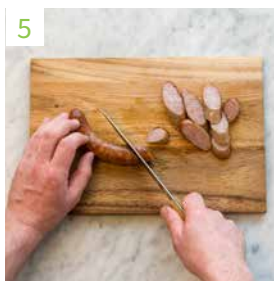
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**3 Prep the remaining ingredients:** Meanwhile, split the **po' boy rolls** (but don't cut all the way through). Trim and discard the bottom inch from the **asparagus**, then halve the asparagus lengthwise.

**4 Broil the asparagus:** After 15 minutes of roasting, remove the baking sheet from the oven. Set the broiler to high or heat the oven to 500 degrees. Add the **asparagus** to one side of the baking sheet and toss with a large drizzle of **oil**, the **Italian spice blend**, and a pinch of **salt** and **pepper**. Return the baking sheet to the oven for 4-6 minutes, until the **veggies** are slightly charred and the **sausage** is cooked through.

5



**5 Toast the rolls:** Place the **rolls** on the empty baking sheets and toast in the oven for 2-3 minutes. While the rolls toast, cut the **sausages** into 1/2-inch slices on a diagonal.

**6 Assemble:** Top each **toasted roll** with the **Italian cheese**, **peppers**, **onions**, and **sausage**. Serve with the **broiled asparagus** and enjoy! **TIP:** If you have extra sandwich fillings, simply serve them to the side!

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