



# BBQ Sausage Skewers with Cheesy Wedges and Baby Gem Salad

Customer Favourites 40-45 Minutes • 1 of your 5 a day

37



Bamboo Skewers



Potatoes



Bell Pepper



Red Onion



Caramelised Onion Sausage



BBQ Sauce



Mature Cheddar Cheese



Baby Gem Lettuce



Honey



Cider Vinegar

Pantry Items  
Olive Oil

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, aluminium foil and grater.

## Ingredients

	2P	3P	4P
Bamboo Skewers	4	6	8
Potatoes**	450g	700g	900g
Bell Pepper***	1	1½	2
Red Onion**	1	1	2
Caramelised Onion Sausage** <b>14)</b>	4	6	8
BBQ Sauce	64g	96g	128g
Mature Cheddar Cheese** <b>7)</b>	30g	45g	60g
Baby Gem Lettuce**	1	2	2
Cider Vinegar <b>14)</b>	1 sachet	1 sachet	1 sachet
Honey	1 sachet	1½ sachets	2 sachets
Olive Oil for the Dressing*	1½ tbsp	2 tbsp	3 tbsp

\*Not Included \*\*Store in the Fridge\*\*\* Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	601g	100g
Energy (kJ/kcal)	2825 /675	470 /112
Fat (g)	27	4
Sat. Fat (g)	10	2
Carbohydrate (g)	78	13
Sugars (g)	24	4
Protein (g)	27	4
Salt (g)	2.50	0.42

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 14) Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](http://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



## Roast the Wedges

Preheat your oven to 200°C. Soak your **skewers** in **cold water** (this will prevent them from burning). Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use *two baking trays if necessary*. When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



## Make the Dressing

Wash up the large bowl you used for your **veggies** and **sausage**. Mix the **honey**, **cider vinegar**, a pinch of **salt** and **pepper** and the **olive oil for the dressing** (see ingredients for both amount). **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.* Whisk together with a fork.



## Prep the Skewers

Meanwhile, halve the **pepper** and discard the core and seeds. Chop into small pieces. Halve and peel the **onion**, then chop each half into 4-6 wedges. Separate the layers. Chop each **sausage** into bite-sized chunks. Mix the **veggies** and **sausage** in a large bowl with **half** the **BBQ sauce**, ensuring they're well coated. Thread the **veg** and **sausage pieces** onto the skewers, alternating between each (2 skewers per person). **IMPORTANT:** *Wash your hands and equipment after handling raw meat.*



## Cheese Time

When your **sausage skewers** are cooked, remove from the oven and cover with foil to keep warm. Switch your grill on to high. Sprinkle the **cheese** over your **potato wedges** and pop under the grill until the **cheese** is melted and bubbling, 3-5 mins.



## Roast the Skewers

Put the **skewers** onto a lined baking tray and bake on the top shelf of your oven until cooked, 20-25 mins. **IMPORTANT:** *The sausages are cooked when no longer pink in the middle.* Meanwhile, grate the **cheese**. Trim the **baby gem lettuce**, halve lengthways, then thinly slice.



## Finish and Serve

When everything is ready, add the **baby gem** to the bowl with the **dressing** and toss to coat. Serve your **skewers** with the **cheesy wedges** and **salad** on the side, with a dollop of leftover **BBQ sauce** for dipping.

Enjoy!