



CARIBBEAN-SPICED VEGGIE AND SAUSAGE SKEWERS

with Creamy Potato Salad

PRONTO



HELLO

JERK SEASONING

This aromatic seasoning is sweet, spicy and smoky

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 745



Sausage, cased



Yellow Bell Pepper



Zucchini



Jerk Spice Blend



Baby Red Potatoes



Parsley



Mayonnaise



White Wine Vinegar



Wooden Skewers



Red Onion, chopped

BUST OUT

- Aluminum Foil
- Shallow Dish
- Large Bowl
- Strainer
- Measuring Spoons
- Whisk
- Medium Bowl
- Sugar (1 tsp | 2 tsp)
- Baking Sheet
- Salt and Pepper
- Medium Pot
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Sausage, cased 250 g | 500 g
- Yellow Bell Pepper 190 g | 380 g
- Zucchini 227 g | 454 g
- Jerk Spice Blend 1 tbsp | 2 tbsp
- Baby Red Potatoes 340 g | 680 g
- Parsley 10 g | 20 g
- Mayonnaise 3,4 2 tbsp | 4 tbsp
- White Wine Vinegar 9 1 tbsp | 2 tbsp
- Wooden Skewers 8 | 16
- Red Onion, chopped 56 g | 113 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Position an oven rack in the top of the oven. Preheat broiler to **high** (to broil skewers). **BBQ TIP:** Instead of broiling, grill skewers on medium-high heat, turning occasionally, until the sausage is cooked through (71°C/160°F), 10-12 min.



1 BOIL POTATOES

Wash and dry all produce.* In a shallow dish filled with **hot water**, submerge and soak the **skewers**. Halve the **potatoes** (or quarter if they are larger). In a medium pot, combine the potatoes with enough **salted water** to cover (approximately 1-2 inches). Bring to a boil over high heat. Cook until the potatoes are fork-tender, 10-12 min.



4 BROIL SKEWERS

Broil the **skewers** on the top rack of the oven, flipping the skewers halfway through cooking, until the **veggies** are golden-brown and the **sausage pieces** are cooked through, 12-14 min. (**TIP:** Cook to a minimum internal temp. of 71°C/160°F.**)



2 PREP

Meanwhile, cut the **zucchini(s)** in half, lengthwise, then into ½-inch thick half moons. Core, then cut the **bell pepper(s)** into 1-inch pieces. Roughly chop the **parsley**. In a large bowl, stir together the **onions**, **1 tbsp vinegar** (dbl for 4 ppl) and **1 tsp sugar** (dbl for 4 ppl). Set aside.



5 ASSEMBLE POTATO SALAD

When the **potatoes** are tender, drain and set aside. Whisk the **mayo** into the large bowl with the **marinated onions**, then add the potatoes and **half the parsley**. Toss together. Season with **salt and pepper**.



3 ASSEMBLE SKEWERS

Cut the **sausages** into 1-inch pieces. In a medium bowl, toss together the **zucchini**, **peppers** and **jerk spice blend**. Season with **salt and pepper**. Alternately thread the peppers, sausages (piercing through the sausage meat, *not* the casing) and zucchini onto the **skewers**. Transfer to a foil-lined baking sheet, then drizzle each skewer with **oil**.



6 FINISH AND SERVE

Divide the **skewers** and **potato salad** between plates. Sprinkle with the **remaining parsley**.

SUMMER!

Bright parsley is the perfect topping for these skewers and potato salad!