



# SMOKEY POSH SAUSAGES

with Pickled Cucumber, Caramelised Onion and Beans



## HELLO CUCUMBER

Cucumbers have been cultivated for over 4000 years!



Potato



Hickory BBQ Sausages



Dry Cured Streaky Bacon



Onion



Cucumber



White Wine Vinegar



Green Chilli



Mixed Beans



Tomato Passata



Chipotle Ketchup



Brioche Roll



Soured Cream

MEAL BAG  
3

- Hands on: **20** mins
- Total: **40** mins
- 2** of your **5** a day
- Little heat

Our mouthwatering hickory BBQ sausages are wrapped in streaky bacon and baked until crispy and golden. They are then topped with sweet caramelised onions and pickled cucumbers, before being served up with homemade smokey baked beans and chunky potato wedges. A guaranteed crowd pleaser, perfect for any day of the week.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got three **Large Baking Trays, Large Frying Pan** and **Sieve**. Now, let's get cooking!



### 1 ROAST THE WEDGES

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop them on a large baking tray. Drizzle over some **oil** and season with a pinch of **salt** and **pepper**. Toss well to evenly coat in the **oil** and **seasoning**. Arrange in a single layer on the tray. Pop on the top shelf of your oven to roast until crisp and golden, 25-30 mins. Turn halfway through cooking.



### 2 SAUSAGE TIME!

Carefully wrap each **sausage** 'top to toe' in two rashers of **bacon**. Place them on another baking tray with a little **oil** drizzled on top. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat. Pop the **sausages** on the middle shelf of the oven. Roast until the **bacon** is golden and the **sausage** cooked though, 20-25 mins. Turn halfway through cooking. **IMPORTANT:** The sausage is cooked when it is no longer pink in the middle!



### 3 CARAMELISE THE ONIONS

Halve, peel and finely slice the **onion**. Heat a good splash of **oil** in a large frying pan over medium-low heat. Once hot, add the **onions** and a large pinch of **salt**. Cook until very soft and starting to colour, stirring occasionally, 15 mins. **TIP:** If it looks like it's starting to burn, add a splash of water! When golden, stir in the **sugar** for the onion until melted, then remove from the heat.



### 4 GET PICKLING

Meanwhile, trim the **cucumber**. Slice into thin rounds. Pop the **sugar** for the pickle and the **white wine vinegar** into a small bowl. Stir to dissolve the **sugar**. Add the **sliced cucumber**. Gently toss to coat and set aside. Halve the **chilli** lengthways, deseed then finely chop. Drain and rinse the **mixed beans** in a sieve.



### 5 FRY THOSE BEANS

Transfer **half** the **caramelised onion** into a small bowl. Set aside. Stir the **mixed beans**, **tomato passata** and **half** the **chipotle ketchup** into the **onions** left in the pan. Return to medium-high heat and fry until reduced, 3-5 mins. Season to taste with **salt** and **pepper**. When there are 5 mins left on the **sausages**, cut open the **brioche rolls** by slicing two-thirds of the way through the centre. Pop on another baking tray on the middle shelf of the oven to toast, 2-3 mins.



### 6 ASSEMBLE

Once everything is cooked, spread the remaining **chipotle ketchup** onto the **brioche rolls**, then put a **sausage** into each. Twist it up by squeezing in a few slices of the **pickled cucumber** and spooning the **caramelised onions** over the top! Add some **soured cream** and a sprinkling of **chilli** (for those who would like it). Serve on plates with the **wedges** and **fried beans** on the side. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Hickory B B Q Sausage 14) *	2	3	4
Dry Cured Streaky Bacon *	4 rashers	6 rashers	8 rashers
Onion *	1	1½	2
Sugar for the Onions*	½ tsp	½ tsp	½ tsp
Cucumber *	½	¾	1
Sugar for the Pickle*	½ tsp	½ tsp	1 tsp
White Wine Vinegar 14)	½ sachet	1 sachets	1 sachets
Green Chilli *	½	1	1
Mixed Beans	1 carton	1½ cartons	2 cartons
Tomato Passata	1 carton	1½ cartons	2 cartons
Chipotle Ketchup 10)	1 sachet	2 sachets	2 sachets
Brioche Roll 7) 8) 11) 13)	2 rolls	3 rolls	4 rolls
Soured Cream 7) *	150g	150g	150g

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 912G	PER 100G
Energy (kJ/kcal)	4799 / 1147	526 / 126
Fat (g)	54	6
Sat. Fat (g)	26	3
Carbohydrate (g)	117	13
Sugars (g)	23	2
Protein (g)	43	5
Salt (g)	3.50	0.38

Nutrition for uncooked ingredients based on 2 person recipe.

#### ALLERGENS

7) Milk 8) Egg 10) Celery 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.**

#### THUMBS UP OR THUMBS DOWN?

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