



Cheesy Loaded Sausages in Buns

with Sticky Onions, Paprika Wedges and Rocket

Childhood Classics 40-45 Minutes • Mild Spice • 1 of your 5 a day

10



Potatoes



Smoked Paprika



Hickory Smoked Sausages



Onion



Mature Cheddar Cheese



Brioche Hot Dog Buns



Sriracha Sauce



Wild Rocket



Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Sugar, Mayonnaise, Olive Oil

CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, grater and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Hickory Smoked Sausages** 14)	2	3	4
Onion**	1	1	2
Mature Cheddar Cheese** 7)	30g	40g	60g
Brioche Hot Dog Buns 7) 8) 11) 13)	2	3	4
Sriracha Sauce	15g	30g	30g
Wild Rocket*	20g	40g	40g
Bacon Lardons**	90g	120g	180g

Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	508g	100g	568g	100g
Energy (kJ/kcal)	3659 / 875	720 / 172	4310 / 1030	758 / 181
Fat (g)	39.5	7.8	51.7	9.1
Sat. Fat (g)	14.0	2.8	17.9	3.1
Carbohydrate (g)	91.1	17.9	92.3	16.2
Sugars (g)	14.5	2.8	14.5	2.6
Protein (g)	28.0	5.5	38.2	6.7
Salt (g)	2.22	0.44	3.86	0.68

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 8) Egg 11) Soya 13) Cereals containing gluten

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

Contact

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HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ



Roast the Wedges

Preheat your oven to 220°C/200°C fan/gas mark 7. Chop the **potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, sprinkle over the **smoked paprika**, then season with **salt** and **pepper**.

Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Caramelize the Onion

Heat a drizzle of **oil** in a large frying pan on medium heat.

Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 8-10 mins.

Add the **sugar** (see pantry for amount) and cook until caramelized, 1-2 mins more.

CUSTOM RECIPE

If you've chosen to add **bacon**, put the pan on medium-high heat instead. Add the **bacon** and stir-fry, 4-5 mins. Turn the heat down to medium and add the **onions**, then continue as instructed.

IMPORTANT: Wash your hands and utensils after handling raw meat. Cook so there's no pink in the middle.



Bring on the Sausages

Meanwhile, pop the **sausages** on another baking tray. Bake on the middle shelf until golden brown and cooked through, 20-25 mins. Turn halfway through.

IMPORTANT: Wash your hands and equipment after handling raw meat. They're cooked when no longer pink in the middle.



Add the Cheese

Slice the **buns** down through the middle (but not all the way through).

Once cooked, remove the **sausages** from the baking tray and wipe the tray clean. Add the **buns** to the tray and evenly spread with the **mayo** (see pantry for amount).

Add a **sausage** to each **bun** and top with the **onions** and a drizzle of **sriracha**.

Sprinkle over the **grated cheese** and return the **loaded buns** back onto the middle shelf of your oven until the **cheese** is melted and golden, 5 mins.



Prep Time

While the **wedges** and **sausages** cook, halve, peel and thinly slice the **onion**.

Grate the **Cheddar cheese**.



Finish and Serve

Meanwhile, in a medium bowl, add the **olive oil** for **the dressing** (see pantry for amount). Season with **salt** and **pepper**. Mix together.

Add the **rocket** to the bowl and toss to coat.

Pop a **loaded sausage bun** on each plate. Serve with the **wedges** and the **salad** on the side.

Enjoy!