



Special Spicy Sausage Sarnie

with Sriracha Ketchup and Sesame Seeds

Breakfast 25-35 Minutes • Medium Spice

9A

Find all your unchilled Market items in bag A.



Honey Mustard Sausages



Sesame Oil



Black Sesame Seeds



Sliced Burger Buns



Sriracha Sauce

Pantry Items

Egg, Tomato Ketchup

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, frying pan and bowl.

Ingredients

Ingredients	Quantity
Honey Mustard	4
Sausages** 9) 14)	
Sesame Oil 3)	20ml
Black Sesame Seeds 3)	5g
Sliced Burger Buns 13)	2
Sriracha Sauce	15g

Pantry	Quantity
Egg*	2
Tomato Ketchup*	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	302g	100g
Energy (kJ/kcal)	3118 /745	1034 /247
Fat (g)	40.6	13.5
Sat. Fat (g)	11.3	3.7
Carbohydrate (g)	57.5	19.1
Sugars (g)	16.9	5.6
Protein (g)	31.4	10.4
Salt (g)	3.63	1.20

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

3) Sesame 9) Mustard 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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1



Cook the Sausages

a) Preheat your oven to 220°C/200°C fan/gas mark 7.

b) Pop the **sausages** onto a baking tray.

c) When the oven is hot, 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.

2



Fry the Eggs

a) When the **sausages** have 10 mins left, heat the **sesame oil** in a large frying pan on medium-high heat.

b) Once hot, crack in each **egg** (see pantry for amount) and sprinkle over the **sesame seeds**.

c) Cook for 4-5 mins, or until the **egg white** is cooked and the yolk is the firmness you desire. Lower the heat as needed. **IMPORTANT:** Ensure egg whites are fully cooked.

3



Build your Sarnie

a) Once the **sausages** are cooked, pop the **burger buns** on a tray and into the oven to warm through, 2-3 mins.

b) Meanwhile, in a small bowl, mix together the **sriracha sauce** (add less if you'd prefer things milder) and **tomato ketchup** (see pantry for amount).

c) Spread the **spicy tomato sauce** over both halves of the **toasted burger buns**, then share the **buns** between 2 serving plates.

d) Slice the **sausages** in half lengthways, then lay **4 sausage halves** on the **base** of each **bun**. Top with a **sesame fried egg**, then sandwich on the **bun lids** to finish.

Enjoy!