



# BBQ Glazed Honey Mustard Sausage Traybake with Spiced Chips and Broccoli

9

Make Kid Friendly 30-35 Minutes • Mild Spice • 1 of your 5 a day



Potatoes



Broccoli Florets



Central American  
Style Spice Mix



Honey Mustard  
Sausages



BBQ Sauce



Honey Mustard  
Sausages

### Recipe Update

Due to challenges with our supplier, you'll receive **broccoli florets** instead of **Tenderstem® broccoli**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

### Pantry Items

Oil, Salt, Pepper, Mayonnaise

### 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.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Broccoli Florets**	200g	300g	400g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Honey Mustard Sausages** 9) 14)	4	6	8
BBQ Sauce	48g	80g	96g
Honey Mustard Sausages** 9) 14)	4	6	8
Pantry	2P	3P	4P
Mayonnaise*	3 tbsp	5 tbsp	6 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	501g	100g	625g	100g
Energy (kJ/kcal)	2999 / 717	599 / 143	4296 / 1027	688 / 164
Fat (g)	35.4	7.1	54.9	8.8
Sat. Fat (g)	8.4	1.7	15.4	2.5
Carbohydrate (g)	68.8	13.7	80.6	12.9
Sugars (g)	12.9	2.6	17.8	2.8
Protein (g)	26.9	5.4	44.2	7.1
Salt (g)	2.92	0.58	4.89	0.78

Nutrition for uncooked ingredients based on 2 person recipe.

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

## Allergens

9) Mustard 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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## Chop your Chips

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Halve any large **broccoli florets**.



## Get Roasting

Pop the **chips** onto a large baking tray. Drizzle with **oil**, then season with **salt** and **pepper** and sprinkle over the **Central American spice mix**. Toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the middle shelf until golden, 30-35 mins. Turn halfway through.

**Making this kid friendly?** Keep half the chips plain without the spice.



## Add the Veg

When the **sausages** have 15 mins left, place the **broccoli** onto the other side of the baking tray. Drizzle over some **oil** and season with **salt** and **pepper**, then toss to coat.

Turn the **sausages** and return to the oven for the remaining time, 12-15 mins.



## Glaze the Sausages

When everything's finished cooking, remove both trays from the oven.

Plate up the **broccoli**, then drizzle the **BBQ sauce** over the **sausages** and turn to coat evenly.

**Making this kid friendly?** Set aside some BBQ sauce for dipping rather than drizzling.



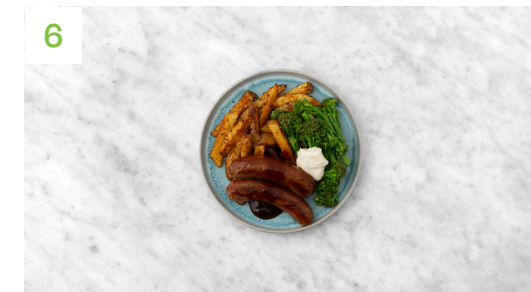
## Sausage Time

Meanwhile, pop the **sausages** onto one side of an oiled baking tray and bake on the top shelf until golden brown and cooked through, 20-25 mins.

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

## CUSTOM RECIPE

If you've chosen to double up on **sausages**, cook the recipe in the same way, using another tray (if necessary).



## Finish and Serve

Serve your **BBQ glazed sausages** between your plates with your **broccoli** and **spiced chips** alongside.

Finish with a dollop of **mayonnaise** (see pantry for amount) alongside for dipping.

## Enjoy!