



BBQ Glazed Honey Mustard Sausage Traybake

with Spiced Chips and Tenderstem® Broccoli

Classic 30-35 Minutes

9



Potatoes



Tenderstem® Broccoli



Central American
Style Spice Mix



British Honey
Mustard Sausages



BBQ Sauce



British Honey
Mustard
Sausages

Pantry Items

Oil, Salt, Pepper, Mayonnaise

+ Double Sausages

If you chose to double sausages,
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 |
| Tenderstem® Broccoli** | 150g | 200g | 300g |
| Central American Style Spice Mix | 1 sachet | 1 sachet | 2 sachets |
| British Honey Mustard Sausages** 9) 14) | 4 | 6 | 8 |
| BBQ Sauce | 48g | 80g | 96g |
| British 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 | Per serving | Per 100g | Custom Recipe | |
|-------------------------|-------------|-----------|---------------|-----------|
| | | | Per serving | Per 100g |
| for uncooked ingredient | 476g | 100g | 600g | 100g |
| Energy (kJ/kcal) | 2975 / 711 | 625 / 149 | 4272 / 1021 | 712 / 170 |
| Fat (g) | 35.0 | 7.4 | 54.4 | 9.1 |
| Sat. Fat (g) | 8.3 | 1.7 | 15.4 | 2.6 |
| Carbohydrate (g) | 69.4 | 14.6 | 81.2 | 13.5 |
| Sugars (g) | 12.9 | 2.7 | 17.8 | 3.0 |
| Protein (g) | 25.8 | 5.4 | 43.0 | 7.2 |
| Salt (g) | 2.92 | 0.61 | 4.89 | 0.82 |

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, mollusc, 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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

 You can recycle me!

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



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 thick **broccoli stems**.



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.



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.

+ Double Sausages

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



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.

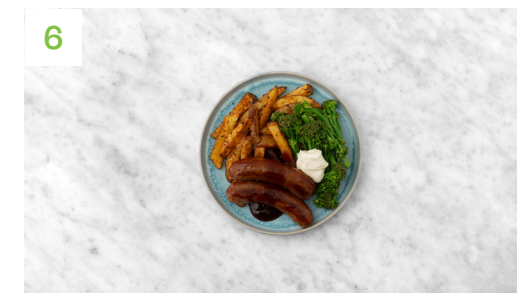
Turn the **sausages** and return to the oven for the remaining time, 10-12 mins.



Glaze the Sausages

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

Drizzle the **BBQ sauce** over the **sausages** and turn to coat evenly in the **glaze**.



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!