



# Red Pepper Chilli Jelly Glazed Sausage Bake

with Sweet Potato Wedges, Zingy Baby Gem and Peanut Salad

9

Classic 35-40 Minutes • Mild Spice • 2 of your 5 a day



Sweet Potato



Mexican Style Spice Mix



British Cumberland Sausages



Baby Gem Lettuce



Lime



Red Pepper Chilli Jelly



Salted Peanuts



Mayonnaise



British Cumberland Sausages

#### Pantry Items

Oil, Salt, Pepper, Honey, Olive Oil

#### + 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 and bowl.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Mexican Style Spice Mix	1 sachet	1 sachet	2 sachets
British Cumberland Sausages** 14)	4	6	8
Baby Gem Lettuce**	1	2	2
Lime**	1	1	2
Red Pepper Chilli Jelly	25g	37g	50g
Salted Peanuts 1)	25g	40g	40g
Mayonnaise 8) 9)	32g	48g	64g
British Cumberland Sausages** 14)	4	6	8
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 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	515g	100g	639g	100g
Energy (kJ/kcal)	3423/818	664/159	4907/1173	768/183
Fat (g)	44.7	8.7	73.2	11.5
Sat. Fat (g)	12.0	2.3	21.7	3.4
Carbohydrate (g)	79.0	15.3	87.7	13.7
Sugars (g)	31.9	6.2	33.1	5.2
Protein (g)	25.0	4.9	41.1	6.4
Salt (g)	2.80	0.54	4.58	0.72

Nutrition for uncooked ingredients based on 2 person recipe.

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

## Allergens

1) Peanut 8) Egg 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

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## Roast the Wedges

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

Chop the **sweet potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, sprinkle over the **Mexican style spice mix**, season with **salt** and **pepper**, then toss to coat. 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.



## Make the Dressing

In a medium bowl, combine a good squeeze of **lime juice** from a **lime wedge**, **honey** and **olive oil for the dressing** (see pantry for both). Season with **salt** and **pepper**.

Set your **dressing** aside.



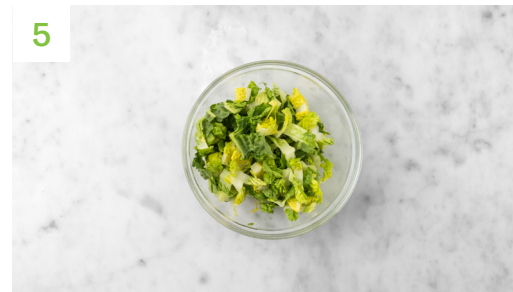
## Add the Sausages

When the **wedges** have roasted for 5 mins, pop the **sausages** on the tray alongside.

Return to the oven and bake for the remaining time, until golden brown and cooked through. Turn halfway through. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The sausages are 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).



## Toss the Salad

When everything's cooked, add the **baby gem** to the **dressing**. Toss to coat.

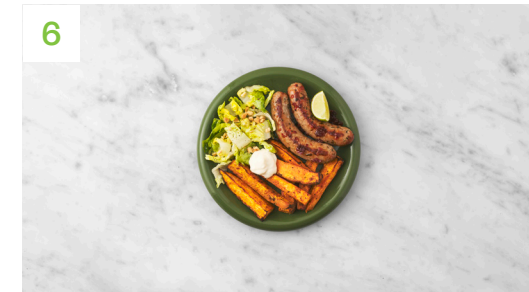
Remove the **sausage** tray from the oven. Drizzle the **red pepper chilli jelly** over the **sausages** and turn to evenly glaze.



## Do the Prep

Meanwhile, trim the **baby gem**, separate the leaves, then tear into bite-sized pieces.

Cut the **lime** into wedges.



## Serve Up

Share the **sausages** between your plates. Spoon over any remaining **glaze** from the tray.

Serve the **sweet potato wedges**, **salad** and remaining **lime wedges** alongside.

Sprinkle the **peanuts** over the **salad**. Finish with a dollop of **mayo** for dipping.

## Enjoy!