



Halloween Bacon, Chorizo & Sausage Monster Dogs with Parmesan Crusted Fries and Avocado Salad

Halloween 35-40 Minutes • 2 of your 5 a day

31



Potatoes



British Streaky Bacon



British Hickory Smoked Sausages



Cider Vinegar



Baby Plum Tomatoes



Avocado



Onion



Chorizo Slices



Parmigiano Reggiano



Brioche Hot Dog Buns



Wild Rocket

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Tomato Ketchup, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray, bowl, frying pan and kitchen scissors.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
British Streaky Bacon**	4 rashers	6 rashers	8 rashers
British Hickory Smoked Sausages** 14)	2	3	4
Cider Vinegar 14)	15ml	22ml	30ml
Baby Plum Tomatoes	125g	190g	250g
Avocado	1	2	2
Onion	1	1	2
Chorizo Slices** 7)	50g	75g	100g
Parmigiano Reggiano** 7)	20g	30g	40g
Brioche Hot Dog Buns 7) 8) 11) 13)	2	3	4
Wild Rocket**	40g	60g	80g
Pantry	2P	3P	4P
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Tomato Ketchup*	2 tbsp	3 tbsp	4 tbsp
Mayonnaise*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	5937 /1419	834 /199
Fat (g)	60.4	8.5
Sat. Fat (g)	20.8	2.9
Carbohydrate (g)	98.1	13.8
Sugars (g)	19.7	2.8
Protein (g)	40.6	5.7
Salt (g)	3.96	0.56

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, 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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Eyes on the Fries

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

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

Pop the **fries** onto a large baking tray. Drizzle with **oil**, 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, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



Cut your Teeth

Halve, peel and thinly slice 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, 10-12 mins.

While the **onion** fries, cut the **chorizo** into triangle shapes (use scissors if easier) and keep aside for now - these will be the monster's sharp teeth!

When the **onions** are ready, remove from the heat.



Bake the Sausages

Meanwhile, wrap **two rashers** of **bacon** around each **sausage**. Starting at the top, spiral the **bacon** down the **sausage** so that it covers the whole thing. **IMPORTANT:** Wash your hands and equipment after handling raw meat.

Pop the **sausages** onto a baking tray and bake on the middle shelf of your oven until golden brown and cooked through, 20-25 mins. **IMPORTANT:** The sausages are cooked when no longer pink in the middle. Cook bacon thoroughly.



Let's Get Cheesy

When the **sausages** and **fries** have 5 mins left, lay the **chorizo** triangles onto the **sausage** tray.

At the same time, sprinkle the **Parmigiano Reggiano** over the **fries**, then slide both trays back into the oven for the remaining time.

Slice the **buns** top down through the middle (but not all the way through) and pop them into the oven to warm through, 2-3 mins.

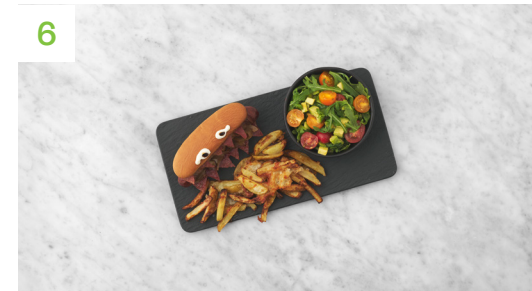


Get Prepped

While everything's in the oven, in a large bowl, combine the **cider vinegar**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

Halve the **tomatoes** and pop into the **dressing** bowl.

Halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board. Cut into 1cm chunks and mix into the **tomatoes**.



It's Monster Time

When everything's ready, transfer the **buns** to your plates. Spread the **ketchup** (see pantry for amount) inside the **bun**.

Lay the **chorizo triangles** onto one side of the **bun** with a corner of each **triangle** pointing out to look like teeth.

Spoon in the **onions**, then lay the **bacon wrapped sausages** on top. Use some of the **mayo** (see pantry for amount) to draw eyes onto the **bun**.

Toss the **rocket** into the **tomatoes** and **avocado**. Serve the **salad** and **wedges** alongside as well as any remaining **mayo** for dipping.

Enjoy!