



Honey Harissa Veg and Sausage Traybake

with Greek Style Cheese and Spiced Potatoes

9

Classic 35-40 Minutes • Mild Spice • 1 of your 5 a day



Potatoes



Roasted Spice and Herb Blend



Carrot



Red Onion



British Cumberland Sausages



Harissa Paste



Honey



Greek Style Salad Cheese



British Cumberland Sausages

Pantry Items

Oil, Salt, Pepper, Olive Oil, 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
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Carrot**	3	4	6
Red Onion**	1	2	2
British Cumberland Sausages** 14)	4	6	8
Harissa Paste 14)	50g	75g	100g
Honey	15g	22g	30g
Greek Style Salad Cheese** 7)	50g	75g	100g
British Cumberland Sausages** 14)	4	6	8
Pantry	2P	3P	4P
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	663g	100g	787g	100g
Energy (kJ/kcal)	3908 / 934	590 / 141	5392 / 1289	686 / 164
Fat (g)	56.0	8.5	84.5	10.7
Sat. Fat (g)	15.3	2.3	24.9	3.2
Carbohydrate (g)	83.0	12.5	91.6	11.7
Sugars (g)	26.1	3.9	27.4	3.5
Protein (g)	26.8	4.0	42.9	5.5
Salt (g)	3.17	0.48	4.95	0.63

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

Allergens

7) Milk 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



Get Started

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

Chop the **potatoes** into 1cm chunks (no need to peel).



Prep Time

Pop the **potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over the **roasted spice and herb blend**, 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, 18-20 mins. Turn halfway through.



Veg Time

In the meantime, trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Halve and peel the **red onion**, then cut each half into 3-4 wedges.

Put the **carrots** and **onion wedges** onto one side of a large baking tray, drizzle with **oil**, season with **salt** and **pepper**. Toss to coat.



Roast your Sausages

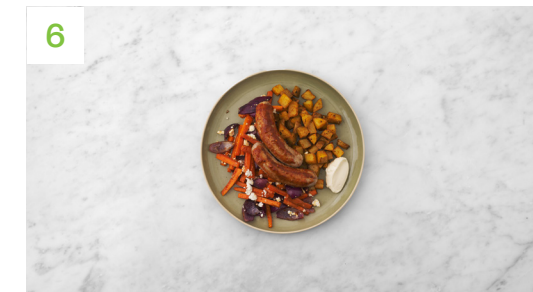
Pop the **sausages** onto the other side of the **veg** baking tray and bake on the middle shelf until golden brown and cooked through, 20-25 mins. Turn halfway through. **IMPORTANT:** Wash your hands and equipment after handling raw meat. They're cooked when no longer pink in the middle.



Finishing Touches

When everything's ready, drizzle the **harissa** (add less if you'd prefer things milder), **honey** and **olive oil** (see pantry for amount) over the **veg** and **sausages** and toss to coat. **TIP:** If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

Crumble over the **Greek style salad cheese**.



Serve Up

Divide the **sausages**, **veg** and **spiced potatoes** between your serving plates.

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

Enjoy!

+ Double Sausages

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