



Cheesy BBQ THIS™ Isn't Pork Sausage Buns with Wedges and Balsamic Salad

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

49



Potatoes



Red Onion



Mature Cheddar Cheese



THIS™ Isn't Pork Sausages



Brioche Hot Dog Buns



BBQ Sauce



Baby Leaf Mix



Balsamic Glaze



In this vegetarian twist on the classic hot dog, we're using THIS™ Isn't Pork Sausages, which are made from soy and pea proteins with a hyper-realistic texture that tastes just like the real thing.

Pantry Items

Oil, Salt, Pepper, Sugar, Mayonnaise

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, frying pan, grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Red Onion	1	1½	2
Mature Cheddar Cheese** 7)	30g	40g	60g
THIS™ Isn't Pork Sausages**	6	9	12
Brioche Hot Dog Buns 7) 8)	2	3	4
11) 13)			
BBQ Sauce	48g	80g	96g
Baby Leaf Mix**	20g	35g	50g
Balsamic Glaze 14)	12ml	18ml	24ml

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	570g / 896	100g / 157
Fat (g)	39.3	6.9
Sat. Fat (g)	11.2	2.0
Carbohydrate (g)	100.0	17.6
Sugars (g)	19.8	3.5
Protein (g)	34.2	6.0
Salt (g)	3.03	0.53

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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Cook the Wedges

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

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

Pop the **wedges** 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, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Fry the Sausages

Once the **onions** have cooked, transfer them to a small bowl.

Warm the (now empty) frying pan on medium heat with an extra drizzle of **oil** if needed (no need to clean).

When hot, fry the **THIS™ Isn't Pork Sausages**, turning occasionally, until golden, 7-8 mins. **IMPORTANT:** Ensure they're piping hot throughout.



Caramelize the Onion

Meanwhile, halve, peel and thinly slice the **red 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.

Add the **sugar** (see pantry for amount) and cook until caramelised, 1-2 mins more.



Assemble the Buns

Meanwhile, slice the **buns** top down through the middle (but not all the way through) and pop them onto a baking tray.

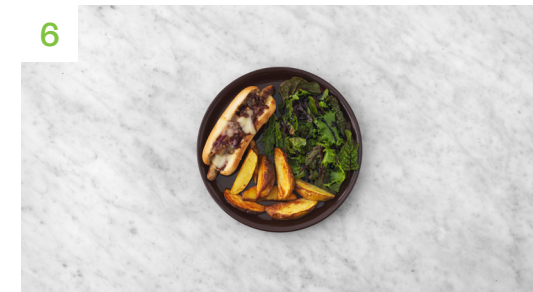
Add the **sausages** to the **buns** (3 per bun). Spoon over the **BBQ sauce** and top with the **caramelised onions** and **cheese**.

Warm the **filled buns** on the middle shelf until the **cheese** has melted, 3-4 mins.



Cheese Please

In the meantime, grate the **cheese**.



Serve Up

Share the **sausage buns**, **wedges** and **baby leaves** between your plates.

Drizzle the **balsamic glaze** over the **salad**.

Serve with **mayonnaise** (see pantry for amount) on the side for dipping.

Enjoy!