



American Style BBQ Selection

Hickory Sausages, Cheeseburgers, Chipotle Chicken Skewers, Spiced Honey Halloumi

18A

BBQ Selection 35-40 Minutes



Hickory Smoked Sausage



Mature Cheddar Cheese



Panko Breadcrumbs



Beef Mince



Burger Sauce



Chicken Breast



Chipotle Paste



Red Onion



Bamboo Skewers



Halloumi

BBQ SELECTION

This BBQ selection is perfect for enjoying in the warmer weather. These are the oven instructions, but you can cook them on the BBQ if you prefer!

Pantry Items

Honey, Salt, Pepper, Oil

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, grater, bowl, kitchen paper and frying pan.

Ingredients

Ingredients	Quantity
Hickory Smoked Sausage** 14)	2
Mature Cheddar Cheese** 7)	30g
Panko Breadcrumbs 13)	10g
Beef Mince**	240g
Burger Sauce 8) 9)	30g
Chicken Breast**	2
Chipotle Paste	20g
Red Onion**	1
Bamboo Skewers	2
Halloumi** 7)	225g

Pantry	Quantity
Honey*	2 tbsp
Salt for the Breadcrumbs*	¼ tsp
Water for the Breadcrumbs*	2 tsp

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving 616g	Per 100g 100g
Energy (kJ/kcal)	5376 /1285	872 /209
Fat (g)	75.7	12.3
Sat. Fat (g)	34.5	5.6
Carbohydrate (g)	33.6	5.5
Sugars (g)	22.9	3.7
Protein (g)	108.9	17.7
Salt (g)	5.76	0.94

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

Allergens

7) Milk **8)** Egg **9)** Mustard **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, milk, egg, mustard, celery, soya, 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.

Contact

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1



Honeyed Hickory Smoked Sausages

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

b) Pop the **sausages** onto a baking tray. When the oven is hot, 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 sausages. They're cooked when no longer pink in the middle.

c) Once cooked, carefully drizzle over **half** the **honey** (see pantry for amount). Turn the **sausages** to fully coat them, then return for a further 5 mins.

d) Remove from the oven and place on a serving plate.

3



Chipotle Chicken and Red Onion Skewers

a) Cut the **chicken breasts** into 3cm chunks, then pop into a large bowl with **three-quarters** of the **chipotle paste** and a drizzle of **oil**. Season with **salt** and **pepper**, then mix to combine.

b) Quarter and peel the **onion**, then separate the layers.

c) Alternate threading the **chicken** and **onion** onto the **skewers**. Transfer the **skewers** to a lightly oiled baking tray. Roast on the middle shelf of your oven until cooked through, 15-20 mins. Turn halfway through. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.

d) Remove from the oven and place on your serving plate.

2



Cheeseburger Patties

a) Grate the **Cheddar**. In a large bowl, combine the **breadcrumbs**, **salt** and **water for the breadcrumbs** (see pantry for both amounts), then add the **beef mince**. Season with **pepper** and mix together with your hands.

b) Roll into even-sized balls, then shape into 1cm thick **burgers**, 1 per person. **TIP:** The burgers will shrink a little during cooking. **IMPORTANT:** Wash your hands and equipment after handling raw mince.

c) Pop the **burgers** onto a baking tray. When the oven is hot, bake on the middle shelf until cooked through, 12-15 mins. **IMPORTANT:** The burgers are cooked when no longer pink in the middle.

d) Once cooked, carefully place the **cheese** on top of the **burgers** and pop back into the oven until the **cheese** has melted, 2-3 mins.

e) Remove from the oven and add to your serving plate. Add the burger sauce to a small bowl and drizzle over the burgers when ready to serve.

4



Chipotle Spiced Honey Halloumi

a) Drain the **halloumi**, then cut widthways into 1cm thick slices. Place into a small bowl of **cold water** and leave to soak.

b) In a separate medium bowl, combine a **quarter** of the **chipotle paste** and **half** the **honey** (see pantry for amount).

c) When ready to cook, remove the **halloumi slices** from the **cold water**, pop them onto a plate lined with kitchen paper and pat them dry.

d) Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **halloumi** and fry until golden, turning frequently, 4-5 mins.

e) Remove the pan from the heat and add the **chipotle and honey mixture**, turning to coat the **halloumi**. Add to your serving plate. **Enjoy!**