



# Bank Holiday BBQ Chicken and Loaded Sausage Buns with Zesty Wedges and Charred Corn Slaw

33

BBQ Feast 40-50 Minutes • Medium Spice • 3 of your 5 a day



Potatoes



Lemon & Herb Seasoning



Hickory Smoked Sausage



Sweetcorn



Onion



Mature Cheddar Cheese



Lime



Chicken Thigh



Peri Peri Seasoning



Coleslaw Mix



Honey



Brioche Hot Dog Bun

### Pantry Items

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

## 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, sieve, frying pan, bowl, saucepan, grater and fine grater.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Lemon & Herb Seasoning	1 sachet	1½ sachets	2 sachets
Hickory Smoked Sausage** 14)	2	3	4
Sweetcorn	150g	225g	300g
Onion**	1	1½	2
Mature Cheddar Cheese** 7)	40g	60g	80g
Lime**	1	1½	2
Chicken Thigh**	3	4	6
Peri Peri Seasoning	1 sachet	1½ sachets	2 sachets
Coleslaw Mix**	120g	180g	240g
Honey	15g	22g	30g
Brioche Hot Dog Bun 7) 8) 11) 13)	2	3	4
Pantry	2P	3P	4P
Sugar for the Onions*	1 tsp	1½ tsp	2 tsp
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

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	5139 /1228	617 /147
Fat (g)	52.9	6.4
Sat. Fat (g)	20.6	2.5
Carbohydrate (g)	119.3	14.3
Sugars (g)	34.0	4.1
Protein (g)	63.7	7.7
Salt (g)	3.69	0.44

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, 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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## Roast 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 them onto a large baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Sprinkle with the **lemon & herb seasoning**, 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 Chicken

Pop the **chicken thighs** into a medium bowl with the **peri peri seasoning** and a drizzle of **oil**. Season with **salt** and **pepper**, then turn to coat the **chicken** in the **spice**.

Heat a drizzle of **oil** in the (now empty) **corn** frying pan on medium-high heat.

Once hot, lay the **spiced chicken thighs** flat in the pan. Fry until browned on each side and cooked through, 13-15 mins. Turn every 2-3 mins.

Alternatively, cook on the **BBQ** if you'd prefer.

**IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.**



## Char the Corn

Pop the **sausages** onto a baking tray and bake on the middle shelf until golden brown and cooked through, 20-25 mins. Turn halfway through. Alternatively, cook them on the **BBQ** if you'd prefer. **IMPORTANT: Wash your hands and equipment after handling raw sausages. They're cooked when no longer pink in the middle.**

Meanwhile, drain the **sweetcorn** in a sieve.

Heat a large frying pan on high heat (no **oil**). Once hot, fry the **sweetcorn** until charred, 5-6 mins. Adjust the heat if necessary. Stir only twice during this time - you want the **corn** to pick up some nice colour. Once charred, transfer to a large bowl.



## Bring on the Slaw

Meanwhile, squeeze the **lime juice** into a small bowl. Add the **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**, then mix well.

Add the **coleslaw mix** to the bowl of **charred corn**. Pour in the **lime dressing** and toss to coat.

When the **chicken** is cooked, remove from the heat. Drizzle with the **honey**, turning the **chicken** to glaze it. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**

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.



## Caramelised Onion Time

While the **corn** chars, halve, peel and thinly slice the **onion**.

Heat a drizzle of **oil** in a medium saucepan on medium heat. Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 8-10 mins.

Meanwhile, grate the **Cheddar cheese**. Zest and halve the **lime**.

When the **onions** are golden, add the **sugar for the onions** (see pantry for amount) to the saucepan and cook until caramelised, 1-2 mins more.



## Finish and Serve

Once the **wedges** are cooked, sprinkle over the **lime zest**. Toss to coat.

Spread the **ketchup** (see pantry for amount) inside the **buns** and spoon in the **caramelised onions**. Top with the **sausages** and sprinkle with the **grated cheese**.

Serve your **peri peri chicken** with the **loaded sausage buns**, **corn slaw** and **wedges** on the side.

## Enjoy!