



BBQ Sausage Skewers with Cheesy Wedges and Pea Shoot Salad

Family 40-45 Minutes • 2 of your 5 a day

10



Bamboo Skewers



Potatoes



Bell Pepper



Red Onion



Honey Mustard Sausages



BBQ Sauce



Mature Cheddar Cheese



Cider Vinegar



Pea Shoots

Pantry Items

Oil, Salt, Pepper, Sugar, Olive 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, bowl, baking paper, grater and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Bamboo Skewers	4	6	8
Potatoes	450g	700g	900g
Bell Pepper***	1	2	2
Red Onion**	1	1	2
Honey Mustard Sausages** 9) 14)	4	6	8
BBQ Sauce	64g	96g	128g
Mature Cheddar Cheese** 7)	30g	40g	60g
Cider Vinegar 14)	15ml	15ml	15ml
Pea Shoots**	40g	60g	80g
Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	1 tsp	1 tsp
Olive Oil for the Dressing*	1½ tbsp	2 tbsp	3 tbsp

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	586g	100g
Energy (kJ/kcal)	2974 / 711	508 / 121
Fat (g)	32.0	5.4
Sat. Fat (g)	11.4	2.0
Carbohydrate (g)	77.0	13.1
Sugars (g)	22.0	4.0
Protein (g)	28.4	5.0
Salt (g)	3.00	1.00

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

Allergens

7) Milk 9) Mustard 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.

Soak your **skewers** in **cold water** (this will prevent them from burning).

Chop the **potatoes** into 2cm wide wedges (no need to peel). Pop 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 middle shelf until golden, 30-40 mins. Turn halfway through.



Make the Dressing

Wash up the large bowl you used for your **veg** and **sausage**.

Add the **cider vinegar**, a pinch of **salt** and **pepper**, the **sugar** and **olive oil for the dressing** (see pantry for both amounts), then mix together with a fork or whisk.



Add the BBQ Flavour

Meanwhile, halve the **pepper** and discard the core and seeds. Chop into small pieces.

Halve and peel the **onion**, then chop each half into 4-6 wedges. Separate the layers.

Chop each **sausage** into bite-sized chunks.

Mix the **veg** and **sausage** in a large bowl with **half** the **BBQ sauce**, ensuring they're well coated.



Cheese Please

When your **sausage skewers** are cooked, remove from the oven and cover with foil to keep warm. Switch your grill on to high.

Sprinkle the **cheese** over your **potato wedges** and grill until the **cheese** has melted and is bubbling, 3-5 mins.



Bake the Skewers

Thread the **veg** and **sausage** pieces alternately onto the **skewers** (2 per person).

Lay the **skewers** onto a lined baking tray and bake on the top shelf of your oven until cooked, 20-25 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The sausages are cooked when no longer pink in the middle.

Meanwhile, grate the **cheese**.



Finish and Serve

When everything's ready, add the **pea shoots** to the bowl of **dressing** and toss to coat.

Serve your **skewers** with the **cheesy wedges** and **salad** alongside. Add a dollop of the **remaining BBQ sauce** for dipping.

Enjoy!