



More Than Food
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BBQ Sausage Skewers with Cheesy Wedges

If there's one thing that makes us happy, it's seeing families cooking together in the kitchen! This is a great one to get kids involved in ... especially threading the sausage and veggie pieces onto the skewers, which is pretty fun (but pretty messy!). Just remember to share your cooking pictures on social media!

45 mins

eat within 3 days

family box

3 of your 5 a day



Wooden Skewers (10)



Red Potato (2 packs)



Cheddar Cheese (125g)



Red Pepper (1)



Yellow Pepper (1)



Red Onion (1)



Honey and Mustard Sausage (8)



BBQ Sauce (8 tbsp)



Lemon (1)



Cider & Horseradish Mustard (1 tsp)



Honey (1 tbsp)



Extra Virgin Olive Oil (3 tbsp)




Avocado (1)



Baby Leaf Mix (2 bags)

4 PEOPLE INGREDIENTS

- Wooden Skewers **10**
- Red Potato, chopped **2 packs**
- Cheddar Cheese **125g**
- Red Pepper, chopped **1**
- Yellow Pepper, chopped **1**
- Red Onion, chopped **1**
- Honey and Mustard Sausage **8**
- BBQ Sauce **8 tbsps**
- Lemon **1**
- Cider & Horseradish Mustard **1 tsp**
- Honey **1 tbsps**
- Extra Virgin Olive Oil **3 tbsps**
- Avocado, chopped **1**
- Baby Leaf Mix **2 bags**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

The red potato was first cultivated in Peru!

Allergens: Milk, Mustard, Sulphites, Fish, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	858 kcal / 3583 kJ	52 g	17 g	67 g	22 g	32 g	3 g
Per 100g	152 kcal / 635 kJ	9 g	3 g	12 g	4 g	6 g	1 g

BBQ Sauce Ingredients: Sugar and Cane Molasses (40%), Tomato Purée (17%) Water, Malt Vinegar (from Barley), Horseradish (4%), Worcestershire Sauce (Malt Vinegar (from Barley), Spirit Vinegar, Molasses, Sugar, Salt, Anchovies (Fish), Tamarind Extract, Onions, Garlic, Spice, Flavourings), Maple Syrup (3%) Soy Sauce (Water, Salt, Soybean, Wheat Flour), Thickener: Modified Maize Starch, Seasoning (Salt, Smoke Powder (Smoke Flavouring) Honey Powder, Natural Flavouring Extracts).

1



1 Pre-heat your oven to 220 degrees and put the **skewers** in a bowl of water to soak them. **Tip:** *This will prevent them burning too much in the oven!* Chop the **potato** into wedges about the length and width of your index finger (no need to peel!). Grate the **cheese** and leave to the side. Put your **potato wedges** on a baking tray and drizzle over enough **oil** to just coat them. Sprinkle over a good pinch of **salt** and give the tray a shake, until your wedges get a good coating of oil and seasoning. Put on the top shelf of your oven to roast for 30-35 mins. Turn your **wedges** after 12 mins.

2



2 Remove the cores from the **peppers** and chop them into 2cm chunks. Cut the **onion** in half through the root, peel and chop each half into six pieces. Separate your **onion** layers. Chop the **sausage** into bite-sized chunks (about 2cm wide). Put your **veggies** and **sausage** into a large bowl and pour over half the **BBQ sauce**. Mix together carefully with your hands.

3 Thread your **veggie** and **sausage** pieces onto your **skewers** in the following order: **sausage - pepper** - a couple of **onion** pieces and so on. **Tip:** *You should make eight skewers in total but we've given you a couple extra in case you have any leftovers!* **Tip:** *It's great to have kids helping in the kitchen and getting used to cooking, but just make sure everyone washes their hands after handling raw meat!*

3



4 Put your **sausage skewers** on a lightly **oiled** baking tray (or on some baking paper on a baking tray if you have some). Move your **wedges** to the middle shelf and pop your **skewers** on the top shelf. Cook for 20-25 mins until crispy and cooked through.

5 Now it's time to make the dressing. Wash up the large bowl you used for your veggies and sausage. Squeeze the **lemon juice** into the bowl and then add in the **mustard** (we've given you more than you need so be careful you don't add it all!), the **honey**, a pinch of **salt** and **pepper** and the **extra virgin olive oil** (the amount specified in the ingredient list). Whisk together with a fork.

6



6 Next prepare the **avocado**. Cut into the **avocado** lengthways until you reach the stone. Turn the knife around the stone to cut it in two then remove the stone. While the **avocado** is still in its skin, carefully cut small squares into the flesh. Use a spoon to scoop the flesh out into the bowl with your **dressing**. Add the **baby leaf salad** and toss well.

7 Give your kitchen a quick tidy and get your washing up done!

8 When your **sausage skewers** are cooked, remove from your oven and cover with tinfoil. Pre-heat your grill to high. Sprinkle your **cheese** over your **potato wedges** and pop under your grill for 3-5 mins, or until your **cheese** has melted and is bubbling.

9 Serve your **skewers** with your **cheesy wedges** and **lemony salad** on the side, along with a dollop of leftover **BBQ sauce**. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!