



Sausage Meatball Sub and Spiced Fries

with Caramelised Onion and Coleslaw

10

Family 35-45 Minutes • Mild Spice • 1 of your 5 a day



Potatoes



Central American
Style Spice Mix



Pork and Oregano
Sausage Meat



Onion



Coleslaw Mix



Burger Sauce



Brioche Hot
Dog Bun

Pantry Items

Oil, Salt, Pepper, Sugar, 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, bowl and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Pork and Oregano Sausage Meat* 14	225g	340g	450g
Onion**	1	1	2
Coleslaw Mix**	120g	180g	240g
Burger Sauce 8 9	45g	75g	90g
Brioche Hot Dog Bun 7 8 11 13	2	3	4

Pantry	2P	3P	4P
Sugar for the Onions*	½ tsp	¾ tsp	1 tsp
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)	575g 3473/830	100g 604/144
Fat (g)	36.4	6.3
Sat. Fat (g)	13.7	2.4
Carbohydrate (g)	95.5	16.6
Sugars (g)	20.5	3.6
Protein (g)	28.0	4.9
Salt (g)	3.22	0.56

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

Allergens

7) Milk **8)** Egg **9)** Mustard **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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

 You can recycle me!



Eyes on the Fries

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

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide fries (no need to peel).

Pop the **fries** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over **half** the **Central American style spice mix**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the middle shelf until golden, 30-35 mins. Turn halfway through.



Make your Coleslaw

Meanwhile, in a large bowl, combine the **coleslaw mix** and **burger sauce**. Set your **coleslaw** aside for later.



Shape the Meatballs

Meanwhile, in a large bowl, combine the **sausage meat** and remaining **Central American style spice mix**.

Roll into even-sized balls, 5 per person.

Pop the **meatballs** onto a baking tray and bake on the top shelf of your oven until browned on the outside and cooked through, 10-12 mins.

IMPORTANT: Wash your hands and equipment after handling raw meat. They're cooked when no longer pink in the middle.



Warm the Buns

When everything's nearly ready, 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 everything bakes, halve, peel and thinly slice the **onion**.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **onion**, season with **salt** and **pepper** and fry, stirring occasionally, until golden, 8-10 mins.

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



Stack up and Serve

When ready, transfer the **buns** to your plates and spread the **ketchup** (see pantry for amount) on the insides.

Fill your **roll** with the **sausage meatballs** and top with the **caramelised onions**.

Serve the **coleslaw** and **spiced fries** alongside.

Enjoy!