



# Smoky Sausage and Pepper Skewers with Roasted Garlic Slaw and Cheesy Wedges

Classic 35-40 Minutes • 2 of your 5 a day

3



Bamboo Skewers



Potatoes



Smoked Paprika



Bell Pepper



Spring Onion



Garlic Clove



Mature Cheddar  
Cheese



Honey Mustard  
Sausages



BBQ Sauce



Coleslaw Mix



Mayonnaise

**Pantry Items**  
Oil, Salt, Pepper

## 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, aluminium foil, bowl, baking tray, baking paper and kitchen scissors.

## Ingredients

Ingredients	2P	3P	4P
Bamboo Skewers	4	6	8
Potatoes	450g	700g	900g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Bell Pepper***	1	2	2
Spring Onion**	1	2	2
Garlic Clove**	2	3	4
Mature Cheddar Cheese** 7)	40g	40g	80g
Honey Mustard Sausages** 9) 14)	4	6	8
BBQ Sauce	64g	96g	128g
Coleslaw Mix**	120g	180g	240g
Mayonnaise 8) 9)	1 sachet	2 sachets	2 sachets

\*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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3001 / 717	518 / 124
Fat (g)	31.8	5.5
Sat. Fat (g)	11.9	2.1
Carbohydrate (g)	76.7	13.3
Sugars (g)	20.9	3.6
Protein (g)	29.7	5.1
Salt (g)	3.14	0.54

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

## Allergens

7) Milk 8) Egg 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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### Bring on 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** and sprinkle over **half the smoked paprika**. Season with **salt** and **pepper**, then toss to coat and 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.



### Get Roasting

Pop the **skewers** onto a lined baking tray and bake on the top shelf of your oven until cooked, 20-25 mins. **IMPORTANT:** The sausages are cooked when no longer pink in the middle.



### Prep the Veg

Meanwhile, halve the **bell pepper** and discard the core and seeds. Chop into 2cm chunks. Trim and thinly slice the **spring onion**.

Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Roast the **garlic parcel** on the same baking tray as the **wedges** until soft, 10-12 mins. Remove from the oven, then set aside to cool.

Grate the **cheese**.



### Mix the Garlic Slaw

Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.

Pop the **roasted garlic** into a bowl with the **coleslaw mix** and **mayonnaise**. Season with **salt** and **pepper**, mix well to combine, then set aside.

When 5 mins of cooking time remain, sprinkle the **cheese** and **spring onion** over the **wedges** and return to the oven until the **cheese** has **melted**, 3-4 mins.



### Assemble your Skewers

Cut the **sausages** into bite-sized chunks and pop into a large bowl with the **chopped pepper**, remaining **smoked paprika** and **half the BBQ sauce**. Mix together, ensuring everything is well coated.

Thread the **pepper** and **sausage** chunks alternately onto the **skewers** (2 per person). **IMPORTANT:** Wash your hands and equipment after handling raw meat.



### Serve

When everything is ready, serve your **sausage skewers** on plates with the **cheesy wedges** and **garlic slaw** alongside.

Add a dollop of the remaining **BBQ sauce** on the side for dipping.

### Enjoy!