

KID FRIENDLY

Garlic-Herb Pork Sausages & Creamy Slaw with Spiced Potato Fries

Grab your Meal Kit with this symbol





Potato Fries



All-American

Spice Blend





Pork, Garlic &

Herb Sausages

Slaw Mix



BBQ Sauce

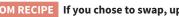


Mayonnaise



Prep in: 5-15 mins Ready in: 20-30 mins In 4 easy steps, whip up this speedy garlic-herb pork sausages and fries combo that is loaded with one of our favourite flavours (All-American spice blend to be precise) and here you'll have a meal that you won't be able to stop talking about! It's tasty, it's crunchy, it's crispy. It's a trifecta of a dish!

Pantry items Olive Oil, White Wine Vinegar



Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper

Ingredients

•		
	2 People	4 People
olive oil*	refer to method	refer to method
potato fries	1 medium bag	1 large bag
All-American spice blend	1 medium sachet	1 large sachet
pork, garlic & herb sausages	1 medium packet	1 large packet
apple	1	2
parsley	1 bag	1 bag
slaw mix	1 small bag	1 large bag
mayonnaise	1 packet (40g)	1 packet (80g)
white wine vinegar*	drizzle	drizzle
BBQ sauce	1 packet	2 packets
pork, garlic & herb sausages**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2830kJ (676Cal)	540kJ (129Cal)
Protein (g)	25.9g	4.9g
Fat, total (g)	38g	7.2g
- saturated (g)	11g	2.1g
Carbohydrate (g)	53.7g	10.2g
- sugars (g)	22g	4.2g
Sodium (mg)	1284mg	245mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4272kJ (1021Cal)	634kJ (152Cal)
Protein (g)	45.1g	6.7g
Fat, total (g)	65.3g	9.7g
- saturated (g)	21.3g	3.2g
Carbohydrate (g)	59.8g	8.9g
- sugars (g)	22.5g	3.3g
Sodium (mg)	1771mg	263mg

The quantities provided above are averages only.

Allergens

2023 | CW31

Always read product labels for the most up-to-date allergen information.

Visit **hellofresh.com.au/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help! Scan here if you have any questions or concerns



Roast the potato fries

- Preheat oven to 240°C/220°C fan-forced.
- Place **potato fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **All-American spice blend** and season with **salt**. Toss to coat.
- Roast until tender, **20-25 minutes**.

Little cooks: Help season and toss the potato fries!



Cook the sausages

- While fries are roasting, place **pork, garlic & herb sausages** on a second lined oven tray and bake for **10 minutes**.
- Turn **sausages** and continue baking until browned and cooked through, **10-15 minutes**.

Custom Recipe: If you've doubled your sausages, spread sausages over two oven trays if the tray is getting crowded.



Make the slaw

- When sausages have **10 minutes** remaining, thinly slice **apple**.
- Roughly chop **parsley**.
- In a large bowl, combine slaw mix, apple, parsley and mayonnaise and a drizzle of the white wine vinegar and olive oil.
- Season to taste.

Little cooks: Take the lead by tossing the slaw!

Serve up

- Divide herby pork sausages, creamy slaw and spiced potato fries between plates.
- Drizzle **BBQ sauce** over sausages to serve. Enjoy!

Little cooks: Add the finishing touch by drizzling over the BBQ sauce!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate