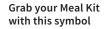


Easy Herby Pork Sausages & Creamy Slaw with Spiced Potato Fries

KID FRIENDLY









Spice Blend



Pork, Garlic &



Herb Sausages



Parsley





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

9				
	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		
pear	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		

Nutrition

*Pantry Items **Custom Recipe Ingredient

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

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.



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!



Make the slaw

- When sausages have **10 minutes** remaining, thinly slice **pear**.
- Roughly chop parsley.
- In a large bowl, combine slaw mix, pear, 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!



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.



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!

