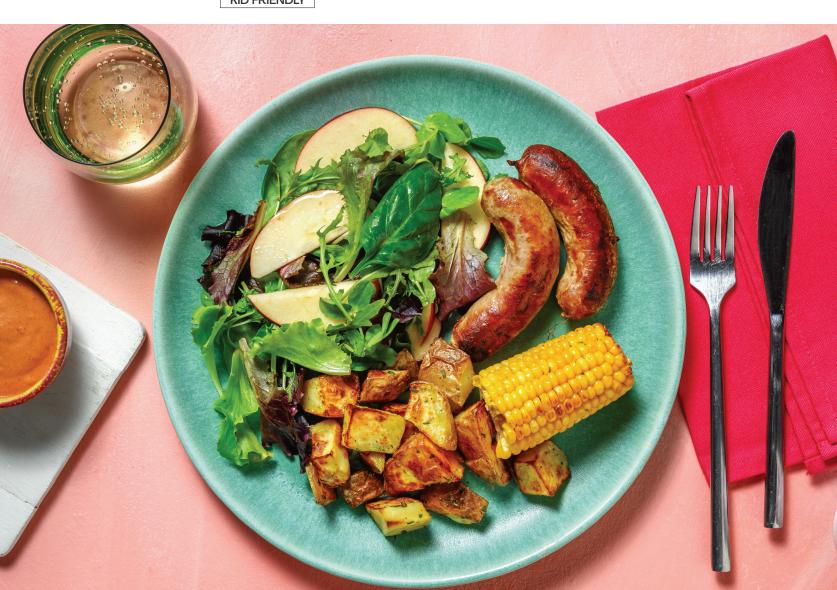


Beef Sausages & Garlicky Corn Cobs with Buttered Potatoes, Apple Salad & Honey-Chipotle Aioli

KID FRIENDLY



Grab your Meal Kit with this symbol







Caramelised Onion & Parsley Beef Sausages





Chopped Potato

Garlic & Herb Seasoning





Mild Chipotle Sauce

Garlic Aiol





Mixed Salad Leaves



Pantry items

Olive Oil, Butter, Honey, Vinegar (White Wine or Balsamic)

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

Large frying pan · Oven tray lined with baking paper

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
caramelised onion & parsley beef sausages	1 small packet	2 small packets OR 1 large packet		
corn	1	2		
butter*	40g	80g		
chopped potato	1 medium bag	2 medium bags		
garlic & herb seasoning	1 medium sachet	1 large sachet		
mild chipotle sauce	1 packet	2 packets		
honey*	½ tsp	1 tsp		
garlic aioli	1 medium packet	1 large packet		
apple	1/2	1		
mixed salad leaves	1 small bag	1 medium bag		
vinegar* (white wine or balsamic)	drizzle	drizzle		
caramelised onion & parsley beef sausages**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3897kJ (931Cal)	723kJ (173Cal)
Protein (g)	28.1g	5.2g
Fat, total (g)	66.4g	12.3g
- saturated (g)	27.5g	5.1g
Carbohydrate (g)	54.4g	10.1g
- sugars (g)	17.7g	3.3g
Sodium (mg)	1646mg	305mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5476kJ (1309Cal)	795kJ (190Cal)
Protein (g)	47.8g	6.9g
Fat, total (g)	97.2g	14.1g
- saturated (g)	42.4g	6.2g
Carbohydrate (g)	60.6g	8.8g
- sugars (g)	19.8g	2.9g
Sodium (mg)	2420mg	351mg

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.

We're here to help!

Scan here if you have any questions or concerns





Cook the sausages

- Preheat oven to 240°C/220°C fan-forced.
- In a large frying pan, heat a small drizzle of olive oil over medium heat.
- Cook caramelised onion & parsley beef sausages, turning occasionally, until browned and cooked through, 10-12 minutes.
- Meanwhile, cut **corn** cob in half.
- In a heatproof bowl, in **10 second** bursts, melt the **butter** in microwave.

Custom Recipe: If you've doubled your caramelised onion & parsley beef sausages, cook sausages in batches for the best results.



Assemble salad

- SPICY! The mild chipotle sauce is mild, but use less if you're sensitive to heat.
 Meanwhile, in a medium bowl, combine mild chipotle sauce, the honey and garlic aioli.
- Thinly slice apple (see ingredients) into wedges.
- In a second medium bowl, combine apple, mixed salad leaves and a drizzle
 of the vinegar and olive oil. Season to taste.



Roast the potatoes & corn

- Spread chopped potato over a large microwave-safe plate. Cover with a damp paper towel.
- Microwave **potatoes** on high, **3 minutes**. Drain any excess liquid.
- Place **potatoes** and **corn** on a lined oven tray.
- Sprinkle with garlic & herb seasoning, drizzle with melted butter and olive oil and season with pepper. Toss to coat. Roast, until golden and tender, 10-15 minutes.



Serve up

- Divide sausages, corn cobs, potatoes and apple salad between plates.
- · Serve with honey-chipotle aioli. Enjoy!

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