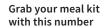


# BBQ Beef & Onion Sausage Sizzle with Corn Cob & Salad

NEW

KID FRIENDLY









Caramelised Onion & Parsley Beef Sausages









Hot Dog

Mixed Salad Leaves







Prep in: 10-20 mins Ready in: 15-25 mins

Us Aussie's love a sausage sizzle so it would only be right to add an extra smokey, extra delicious version onto our menu. Caramelised onion and parsley beef sausages meets BBQ sauce and when loaded into soft hot dog buns, you'll have a snag that you'll be thinking about for days on end!

#### **Pantry items**

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

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Medium saucepan

# Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1	2
caramelised onion & parsley beef sausages	1 medium packet	2 medium packets OR 1 large packet
corn	1 cob	2 cobs
tomato	1	2
garlic	2 cloves	4 cloves
butter*	20g	40g
hot dog bun	2	4
mixed salad leaves	1 medium packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
BBQ sauce	1 packet	2 packets
*Pantry Items		

# Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3991kJ (954cal)	331kJ (79cal)
Protein (g)	36.3g	3g
Fat, total (g)	52.3g	4.3g
- saturated (g)	28.8g	2.4g
Carbohydrate (g)	84.1g	7g
- sugars (g)	31.7g	2.6g
Sodium (mg)	1558mg	129.3mg
Dietary Fibre (g)	14.5g	1.2g

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.



## Cook the sausages

- Preheat oven to 240°C/220°C fan-forced. Boil the kettle.
- Thinly slice brown onion.
- In a large frying pan, heat a drizzle of **olive oil** over medium heat.
- Cook caramelised onion & parsley beef sausages, turning occasionally, until browned and cooked through, 10-12 minutes.
- When sausages have 5 minutes remaining, add onion and cook, stirring, until tender. Season with salt and pepper.



#### Heat the buns

- While corn is cooking, in a small heatproof bowl, microwave the butter and garlic in 10 second bursts, until melted and fragrant. Season with salt and pepper.
- Slice **hot dog buns** in half lengthways, three quarters of the way through. Spread with **garlic butter** then bake directly on a wire oven rack until heated through, **3 minutes**.
- In a medium bowl, combine tomato, mixed salad leaves and a drizzle of vinegar and olive oil. Season to taste.



#### Cook the corn

- Meanwhile, cut corn cob in half.
- · Roughly chop tomato.
- Finely chop garlic.
- Half-fill a medium saucepan with boiling water and a pinch of salt.
- Add corn and cook, over high heat, until tender, 5-6 minutes. Drain. Season with salt and pepper.



## Serve up

- Fill buns with some salad, beef sausages and onion.
- Drizzle over BBQ sauce.
- Serve with corn cob and remaining salad. Enjoy!









Cook with onion, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

