



BBQ Beef & Onion Sausage Sizzle

with Corn Cob & Salad

NEW

KID FRIENDLY

Grab your meal kit with this number

19



Brown Onion



Caramelised Onion & Parsley Beef Sausages



Corn



Tomato



Garlic



Hot Dog Bun



Mixed Salad Leaves



BBQ Sauce



Caramelised Onion & Parsley Beef Sausages



Diced Bacon

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

	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!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS

+ **DOUBLE CARAMELISED ONION & PARSLEY BEEF SAUSAGES**
Follow as above, cooking in batches if necessary.

+ **ADD DICED BACON**
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.

