



Easy 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



Corn



Chopped Potato



Garlic & Herb Seasoning



Mild Chipotle Sauce



Garlic Aioli



Apple



Mixed Salad Leaves



Caramelised Onion & Parsley Beef Sausages

Prep in: 10-20 mins
Ready in: 30-40 mins

Tonight's tender beef sausages need very little to shine. We reckon it deserves some herby and buttery potatoes and corn cobs to round out the meal. Paired with a bright apple salad and honey-chipotle aioli, this will definitely become everyone's new favourite meal.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	2 People	4 People
olive oil*	refer to method	refer to method
caramelised onion & parsley beef sausages	1 medium packet	1 large packet
corn	1 cob	2 cobs
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	½	1
mixed salad leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
caramelised onion & parsley beef sausages**	1 medium packet	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



Bake 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 bowl, in **10 second** bursts, melt **butter** in microwave.

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



Assemble salad

- **SPICY!** This sauce is a mild sauce, 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 medium bowl, combine **apple**, **mixed salad leaves**, a drizzle of **vinegar** and **olive oil**. Season to taste.



Roast the potatoes & corn

- Spread **chopped potatoes** 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, garlicky corn cobs, buttered potatoes and apple salad between plates.
- Serve with honey-chipotle aioli. Enjoy!

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