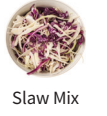
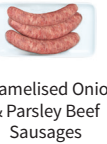


Easy Sticky Beef Sausages

with Spiced Sweet Potato Wedges & Apple Slaw

Grab your Meal Kit with this symbol



Prep in: **15-25 mins**
 Ready in: **25-35 mins**
 Naturally Gluten-Free
 Not suitable for coeliacs

This might just be our new favourite way to serve up sausages. The sticky meat glaze works its magic on the snags in the oven, leaving you to do very little!

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
All-American spice blend	1 medium sachet	1 large sachet
caramelised onion & parsley	1 medium packet	1 large packet
beef sausages		
sticky meat glaze	1 medium packet	1 large packet
apple	1	2
slaw mix	1 small bag	1 large bag
mayonnaise	1 large packet	2 large packets
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3605kJ (862Cal)	639kJ (153Cal)
Protein (g)	26.2g	4.6g
Fat, total (g)	57.2g	10.1g
- saturated (g)	16.9g	3g
Carbohydrate (g)	57.1g	10.1g
- sugars (g)	33.1g	5.9g
Sodium (mg)	1671mg	296mg

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.

1



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into wedges.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! Place **wedges** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **All-American spice blend** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your tray is getting crowded, divide the wedges between two trays!

3



Make the slaw

- When the wedges have **5 minutes** remaining, thinly slice **apple** into wedges.
- In a medium bowl, combine **apple**, **slaw mix** and 1/2 the **mayonnaise**.
- Drizzle with **white wine vinegar** and **olive oil**. Toss to coat. Season to taste.

Little cooks: Lend a hand by tossing the slaw to coat!

2



Bake the sausages

- Meanwhile, place **caramelised onion & parsley beef sausages** on a second lined oven tray. Bake for **10 minutes**.
- Turn sausages, then continue baking until browned and cooked through, **10 minutes**.
- Remove tray from oven. Pour **sticky meat glaze** over **sausages**, then return to oven to finish baking, **5 minutes**.

4



Serve up

- Divide sticky beef sausages, apple slaw and spiced sweet potato wedges between plates.
- Spoon any remaining glaze from tray over sausages.
- Serve with remaining mayonnaise. Enjoy!

Little cooks: Add the finishing touch by dolloping over the mayo!

We're here to help!

Scan here if you have any questions or concerns



2022 | CW30

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