



Sticky Beef Sausages & Apple Slaw

with Spiced Sweet Potato Wedges

Grab your Meal Kit with this symbol



Sweet Potato



All-American Spice Blend



Apple



Caramelised Onion & Parsley Beef Sausages



Sticky Meat Glaze



Slaw Mix



Mayonnaise

Prep in: **15-25** mins
Ready in: **25-35** mins

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

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) | 3603kJ (861Cal) | 639kJ (153Cal) |
| Protein (g) | 26g | 4.6g |
| Fat, total (g) | 57.1g | 10.1g |
| - saturated (g) | 16.9g | 3g |
| Carbohydrate (g) | 57.5g | 10.2g |
| - sugars (g) | 33.5g | 5.9g |
| Sodium (mg) | 1675mg | 297mg |

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

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