

with Spiced Sweet Potato Wedges & Apple Slaw

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Grab your Meal Kit with this symbol







Sweet Potato

Spice Blend

**Gravy Granules** 





Slaw Mix

Caramelised Onion & Parsley Beef Sausages

Mayonnaise



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

The traditional bangers and mash has been given a twist with our delicious, caramelised onion and parsley beef sausages. We've teamed them with a creamy apple slaw, spiced sweet potato wedges and a generous drizzle of gravy. This is comfort food at it's best!

**Pantry items** 

Recipe Update Unfortunately, this week's sticky meat glaze was in short supply, so we've replaced it with gravy. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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 beef sausages	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
gravy granules	1 medium sachet	1 large sachet
boiling water	½ cup	1 cup

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3587kJ (857Cal)	636kJ (152Cal)
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.



#### 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!



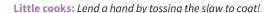
## Bake the sausages

- Meanwhile, place caramelised onion & parsley beef sausages on a second lined oven tray. Drizzle with olive oil and turn to coat. Bake for 10 minutes.
- Turn sausages, then continue baking until browned and cooked through,
  10-14 minutes.



# Make the slaw & the gravy

- When wedges have 5 minutes remaining, boil the kettle.
- Thinly slice **red 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.
- Meanwhile, in a second medium heatproof bowl, combine gravy granules and the boiling water, whisking, until smooth, 1 minute.





## Serve up

- Divide beef sausages, apple slaw and spiced sweet potato wedges between plates.
- · Spoon gravy over sausages.
- Serve with remaining mayonnaise. Enjoy!

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

We're here to help!