



# Loaded Beef & Bacon Sausage Sizzle

with Sweet Potato Fries & Smoked Cheddar

Grab your Meal Kit with this symbol



Sweet Potato



Apple



Chives



Smoked Cheddar Cheese



Caramelised Onion & Parsley Beef Sausages



Spinach & Rocket Mix



Aussie Spice Blend



Celery



Hot Dog Bun



Mustard Cider Dressing



Bacon



Garlic Aioli

Hands-on: **30-35 mins**  
Ready in: **35-45 mins**

Pop some SP fries in the oven, throw some snags and bacon on the barbie, whip up a simple salad and sit down to a stellar sausage sizzle with the lot!

### Pantry items

Olive Oil



## 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

Oven tray lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
Aussie spice blend	1 sachet	2 sachets
apple	½	1
celery	1 stalk	2 stalks
chives	1 bag	1 bag
hot dog bun	2	4
smoked Cheddar cheese	1 packet (50g)	1 packet (100g)
mustard cider dressing	1 packet	2 packets
caramelised onion & parsley beef sausages	1 medium packet	1 large packet
bacon	1 packet (100g)	2 packets (200g)
spinach & rocket mix	1 small bag	1 medium bag
garlic aioli	1 packet (100g)	2 packets (200g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	5562kJ (1329Cal)	876kJ (209Cal)
Protein (g)	45.6g	7.2g
Fat, total (g)	95.5g	15g
- saturated (g)	30.3g	4.8g
Carbohydrate (g)	70.7g	11.1g
- sugars (g)	24.3g	3.8g
Sodium (mg)	2494mg	393mg

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](https://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 sweet potato fries

Preheat the oven to **240°C/220°C fan-forced**. Preheat the BBQ to a high heat. Cut the **sweet potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, sprinkle over the **Aussie spice blend** and toss to coat. Bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.



## Get prepped

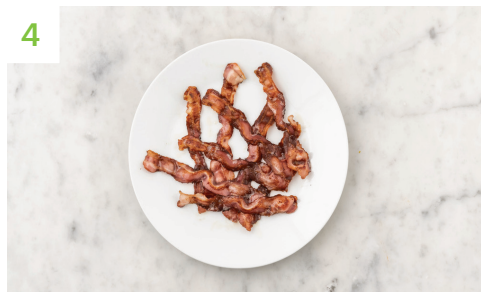
While the fries are baking, thinly slice the **apple** (see ingredients) and **celery**. Thinly slice the **chives**. Slice the **hot dog buns** in half, lengthways, 3/4 of the way through. Grate the **smoked Cheddar cheese**. In a medium bowl, combine the **mustard cider dressing** and a pinch of **salt** and **pepper**.



## Cook the sausages

When the BBQ is hot, grill the **caramelised onion & parsley beef sausages**, turning occasionally, until slightly charred and cooked through, **10-15 minutes**. Transfer to a plate.

**No BBQ?** In a large frying pan, heat a drizzle of olive oil over a high heat. Cook the sausages, turning occasionally, until browned all over, 5-6 minutes. Transfer to a lined oven tray and bake until cooked through, 10-15 minutes.



## Cook the bacon

When the sausages have **5 minutes** remaining, grill the **bacon**, turning, until golden, **4-5 minutes**. Transfer to a plate.

**No BBQ?** Return the frying pan to a medium-high heat. Cook the bacon, turning, until golden, 4-5 mins.



## Grill the buns

While the bacon is cooking, place the **hot dog buns**, cut-side down, on the grill, then grill until lightly golden, **2-3 minutes**. Meanwhile, add the **spinach & rocket mix** and **apple** to the bowl with **dressing**. Toss to coat. Transfer the grilled **buns** to the plate with the bacon.

**No BBQ?** Place the hot dog buns on a wire rack in the oven until heated through, 3 minutes.



## Serve up

Spread the hot dog buns with 1/2 the **garlic aioli**, then fill with the beef sausages (two per bun), bacon, smoked Cheddar and chives. Serve with the spinach-rocket salad, sweet potato fries and remaining garlic aioli.

## Enjoy!

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