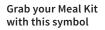


Easy Herby Pork Sausages & Creamy Slaw with Spiced Potato Fries

KID FRIENDLY









All-American Spice Blend



Pork, Garlic & Herb Sausages





Parsley





Mayonnaise



BBQ Sauce





Prep in: 5-15 mins Ready in: 25-35 mins In 4 easy steps, whip up these speedy garlic-herb pork sausages and fries combo that is loaded with one of our favourite flavours (All-American spice blend to be precise) and here you'll have a meal that you won't be able to stop talking about! It's tasty, it's crunchy, it's crispy. It's a trifecta of a dish!

Pantry items Olive Oil, White Wine Vinegar

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

Two oven trays lined with baking paper

Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
potato fries	1 medium bag	1 large bag	
All-American spice blend	1 medium sachet	1 large sachet	
pork, garlic & herb sausages	1 medium packet	1 large packet	
pear	1	2	
parsley	1 bag	1 bag	
slaw mix	1 small bag	1 large bag	
mayonnaise	1 medium packet	1 large packet	
white wine vinegar*	drizzle	drizzle	
BBQ sauce	1 packet	2 packets	
pork, garlic & herb sausages**	1 medium packet	1 large packet	
*Pantry Items **Custom Recipe Ingredient			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2830kJ (676Cal)	540kJ (129Cal)
Protein (g)	25.9g	4.9g
Fat, total (g)	38g	7.2g
- saturated (g)	11g	2.1g
Carbohydrate (g)	53.7g	10.2g
- sugars (g)	22g	4.2g
Sodium (mg)	1284mg	245mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4272kJ (1021Cal)	634kJ (152Cal)
Protein (g)	45.1g	6.7g
Fat, total (g)	65.3g	9.7g
- saturated (g)	21.3g	3.2g
Carbohydrate (g)	59.8g	8.9g
- sugars (g)	22.5g	3.3g
Sodium (mg)	1771mg	263mg

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.



Roast the potato

- Preheat oven to 240°C/220°C fan-forced.
- SPICY! The spice blend is mild, but use less if you're sensitive to heat! Place
 potato fries on a lined oven tray. Drizzle with olive oil, sprinkle with
 All-American spice blend and season with salt. Toss to coat.
- Roast until tender, 20-25 minutes.

Little cooks: Help season and toss the potato fries!



Make the slaw

- When sausages have 10 minutes remaining, thinly slice pear. Roughly chop parsley.
- In a large bowl, combine slaw mix, pear, parsley and mayonnaise and a drizzle of the white wine vinegar and olive oil.
- Season to taste.

Little cooks: Take the lead by tossing the slaw!



Cook the sausages

- While the fries are roasting, place pork, garlic & herb sausages on another lined oven tray and bake for 10 minutes.
- Turn sausages and continue baking until browned and cooked through,
 10-15 minutes.

Custom Recipe: If you've doubled your sausages, spread sausages over two oven trays if the trays are getting crowded.



Serve up

- Divide herby pork sausages, creamy slaw and spiced potato fries between plates.
- Drizzle **BBQ sauce** over sausages to serve. Enjoy!

Little cooks: Add the finishing touch by drizzling over the BBQ sauce!



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