



APR
2016

One-Sheet Sausage and Pepper Hoagies with Broiled Asparagus

This ballpark classic is perfect for baseball season! All the components cook in the oven on a baking sheet, leaving you with almost no cleanup. That way, you'll be able to sit back and enjoy the game.



Prep: 10 min
Total: 30 min



level 1



nut
free



Sweet Italian
Sausage



Red Bell Peppers



Green Bell Peppers



Yellow Onions



Po' Boy Rolls



Asparagus



Italian Blend
Cheese



Italian Spice
Blend

Ingredients

Sweet Italian Sausage		18 oz
Red Bell Peppers		2
Green Bell Peppers		2
Yellow Onions		2
Po' Boy Rolls	1) 2)	4
Asparagus		12 oz
Italian Blend Cheese	3)	1 Cup
Italian Spice Blend		2 t
Oil*		2 T

4 People

*Not Included

Allergens

- 1) Wheat
- 2) Soy
- 3) Milk

Tools

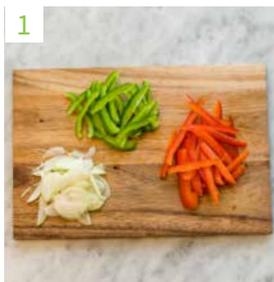
Baking sheet

Ruler

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Nutrition per person Calories: 720 cal | Fat: 42 g | Sat. Fat: 15 g | Protein: 37 g | Carbs: 50 g | Sugar: 9 g | Sodium: 1214 mg | Fiber: 6 g

1



1 Prep the veggies: Wash and dry all produce. Preheat the oven to 425 degrees. Core, seed, and thinly slice the **bell peppers**. Halve, peel, and thinly slice the **onions**.

2



2 Roast the veggies and sausages: Toss the **peppers** and **onions** on a baking sheet with two large drizzles of **oil** and season with **salt** and **pepper**. Poke a few holes in the **sausages** with a fork and place on top of the vegetables. Place in the oven for 15 minutes.

4



3 Prep the remaining ingredients: Meanwhile, split the **po' boy rolls** (but don't cut all the way through). Trim and discard the bottom inch from the **asparagus**, then halve the asparagus lengthwise.

4 Broil the asparagus: After 15 minutes of roasting, remove the baking sheet from the oven. Set the broiler to high or heat the oven to 500 degrees. Add the **asparagus** to one side of the baking sheet and toss with a large drizzle of **oil**, the **Italian spice blend**, and a pinch of **salt** and **pepper**. Return the baking sheet to the oven for 4-6 minutes, until the **veggies** are slightly charred and the **sausage** is cooked through.

5



5 Toast the rolls: Place the **rolls** on the empty baking sheets and toast in the oven for 2-3 minutes. While the rolls toast, cut the **sausages** into 1/2-inch slices on a diagonal.

6 Assemble: Top each **toasted roll** with the **Italian cheese**, **peppers**, **onions**, and **sausage**. Serve with the **broiled asparagus** and enjoy! **TIP:** If you have extra sandwich fillings, simply serve them to the side!

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