



MAY 2017

BBQ Sausage Skewers with Roasted Potatoes and Green Salad

If there's one thing that makes us happy, it's seeing friends and families cooking together in the kitchen! Threading the sausage and veggie pieces on the skewers is best done as a team activity. We promise that this group effort is guaranteed to be photo worthy!

 Prep 30 min



Honey-Garlic Sausage



Red Potato



Yellow Bell Pepper



Avocado



Red Onion



Spring Mix



Lemon



Harvest BBQ Sauce



Honey



Dijon Mustard



Wooden Skewers

Ingredients

	2 People	4 People
Honey-Garlic Sausage	1 pkg (250 g)	2 pkg (500 g)
Red Potato	1 pkg (340 g)	2 pkg (680 g)
Yellow Bell Pepper	227 g	454 g
Avocado	1	2
Red Onion, cubed	1 pkg (56 g)	2 pkg (113 g)
Spring Mix	1 pkg (56 g)	2 pkg (113 g)
Lemon	1	1
Harvest BBQ Sauce	1) 1 pkg (2 tbsp)	2 pkg (4 tbsp)
Honey	½ pkg (½ tbsp)	1 pkg (1 tbsp)
Dijon Mustard	1) 2) 1 pkg (1½ tsp)	2 pkg (3 tsp)
Wooden Skewers	6	12
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Sulphites/Sulfites
- 2) Mustard/Moutarde

Tools

2 Baking Sheets, Shallow Dish, 1 Medium Bowl, 1 Small Bowl, Silicon Brush, Zester, Whisk, Measuring Spoons

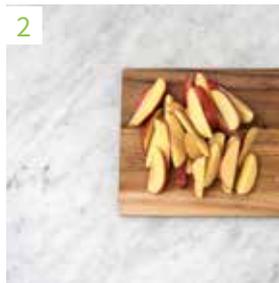
Nutrition per person Calories: 823 cal | Fat: 58 g | Protein: 24 g | Carbs: 58 g | Fibre: 9 g | Sodium: 1270 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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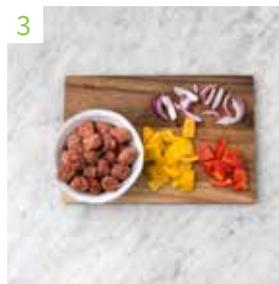
2



1 Preheat the oven to 450°F (to roast the potatoes and skewers). Soak the skewers in a shallow dish of warm water. Start prepping when the oven comes up to temperature!

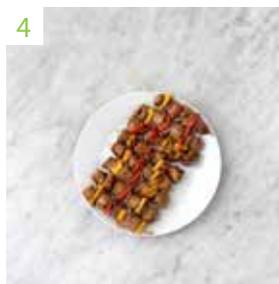
2 Roast the potatoes: Wash and dry all produce. Cut the **potatoes** into ½-inch wedges. Toss the potatoes on a baking sheet with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the center of the oven, stirring halfway through cooking, until golden-brown, 25-28 min.

3



3 Prep the skewers: Cut the **sausages** into ½-inch pieces. Core, then cut the **bell pepper(s)** into ½-inch cubes. Thread the **veggies** and **sausages** onto the skewers. Place them on a foil-lined baking sheet.

4



4 Bake the skewers: In a small bowl, stir the **BBQ sauce** with a drizzle of **oil** – just enough to make it runny! Brush the sauce over the **skewers**. Bake in the centre of the oven, turning the skewers halfway through cooking, until golden-brown, 12-13 min. (**TIP:** Cook to a minimum internal temperature of 160°F.)

5 Make the salad: Meanwhile, peel and cut the **avocado** into ½-inch cubes. Zest, then juice the **lemon**. In a medium bowl, whisk together the **lemon zest**, **2 tbsp lemon juice** (double for 4 people), **½ pkg honey** (1 pkg for 4 people), **Dijon** and a drizzle of **oil**. Season with **salt** and **pepper**. Toss in the **spring mix** and avocado.

6 Finish and serve: Divide the **BBQ skewers**, **salad** and **potato wedges** between plates. Enjoy!

BBQ TIP: Instead of pan-frying, grill skewers on medium-high heat, turning occasionally, until the sausages are cooked to temperature above, 10-12 min.

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