



Chorizo Sausage and Onion Skewers

with Bravas Wedges and Toasted Almond Topped Sticky Veg

Nº 18

STREET FOOD 45 Minutes • Little Heat • 2 of your 5 a day



Bamboo Skewers



Potato



Red Onion



Chorizo Style
Pork Sausages



Yellow Pepper



Garlic Clove



Green Beans



Smoked Paprika



Tomato Puree



Chicken Stock Powder



Flaked Almonds



Cider Vinegar



Mayonnaise

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Two Baking Trays, Fine Grater (or Garlic Press), Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Bamboo Skewers	4	6	8
Potato**	1 small pack	1 large pack	2 small packs
Red Onion**	1	2	2
Chorizo Style Pork Sausages 14)**	6	8	12
Yellow Pepper**	2	3	4
Garlic Clove**	1 clove	2 cloves	2 cloves
Green Beans**	1 small pack	1 large pack	2 small packs
Smoked Paprika	1 small pot	1 small pot	1 large pot
Tomato Puree	2 sachets	3 sachets	4 sachets
Water for the sauce*	200ml	300ml	400ml
Chicken Stock Powder	1 sachet	1 sachets	2 sachets
Flaked Almonds 2)	1 small pot	1 large pot	1 large pot
Cider Vinegar 14)	1 sachet	2 sachets	2 sachets
Sugar*	2 tsp	3 tsp	4 tsp
Water for the Peppers*	50ml	75ml	100ml
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets

*Not Included ** Store in the Fridge

Nutrition

for uncooked ingredient	Per serving 800g	Per 100g 100g
Energy (kJ/kcal)	4151 /992	518 /124
Fat (g)	57	7
Sat. Fat (g)	11	1
Carbohydrate (g)	76	10
Sugars (g)	22	3
Protein (g)	41	5
Salt (g)	3.64	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 8) Egg 9) Mustard 14) Sulphites

Wash your hands before and after handling ingredients.

Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Prepped

Pre-heat your oven to 200°C. Put the **skewers** in a bowl of water to soak (this stops them burning). Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop the **wedges** on a large baking tray in a single layer. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Halve and peel the **red onion**, then chop each half into 4 - 6 wedges. Separate the **onion** layers. Chop the **sausage** into bite-sized chunks, about 2cm.



4. Simmer the Sauce

Pour the **water** (see ingredient list for amount) into the pan and stir in the **chicken stock powder**. Season with **salt**, **pepper** and a pinch of **sugar**, stir together then simmer the **sauce** until reduced, 3-4 mins. Once cooked, taste and add **salt** and **pepper** if you feel it needs it, then remove the **sauce** to a bowl and cover with foil. Wash your pan and pop back on medium high heat, (no oil) and add the **almonds**.



2. Make the Skewers

Thread the **onion pieces** and **chorizo style pork sausage** chunks onto the **skewers** in the following order: **sausage** - a couple of **onion pieces** - **sausage pieces** and so on. **TIP: You are aiming for two skewers per person. IMPORTANT: Wash your hands after handling raw meat.** Pop the **sausage skewers** on a lightly oiled large baking tray. Roast the **wedges** on the top shelf of your oven until golden and the skewers on the middle shelf until cooked through, 25-30 mins. Turn both halfway through cooking. **IMPORTANT: The sausages are cooked when no longer pink in the middle.**



5. Fry the Peppers

Toast the **almonds** until golden, 2-3 mins - keep an eye on them! Remove to a bowl and pop your pan back on medium high heat with a drizzle of **oil**. When hot, add the **green beans** and stir fry until charred and soft, 4-5 mins. Remove to a bowl and add the **yellow pepper** to the pan. Season with **salt** and **pepper** and fry until coloured and soft, 6-8 mins. Only stir every 2 mins. **TIP: Only stirring occasionally will help to give your peppers a lovely charred flavour!**



3. Finish the Prep

Meanwhile, halve the **pepper** and discard the core and seeds. Slice into thin strips. Peel and grate the **garlic** (or use a garlic press). Trim the **green beans**. Heat a drizzle of **oil** in a frying pan on medium high heat. Once the **oil** is hot, add the **garlic** and **smoked paprika** and cook, stirring for 1 minute, then carefully stir in the **tomato puree**.



6. Finish and Serve

Add the **vinegar**, **sugar** and **water** (see ingredients for sugar and water amounts) to the pan with the **peppers**, stir together and cook until the liquid has evaporated off, 3-4 mins. Add the **green beans** back into the pan, stir together and cook for 1 minute. Remove from the heat. Pop the **beans** and **pepper** in a bowl and top with the **toasted almonds**. Drizzle some of the **bravas sauce** over the **wedges** and spoon over the **mayonnaise**. Pop the **sausage skewers** on a plate. Serve everything at the table 'tapas style'.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.