

Sticky Beef Sausages & Apple Slaw

with Spiced Sweet Potato Wedges

Grab your Meal Kit with this symbol



Sweet Potato



All-American Spice Blend



Caramelised Onion & Parsley Beef Sausages



Sticky Meat Glaze



Apple



Deluxe Slaw Mix



Mayonnaise

Hands-on: 15-25 mins
 Ready in: 25-35 mins
 Naturally Gluten-Free
Not suitable for coeliacs

This might just be our new favourite way to serve up sausages. The sticky meat glaze works its magic on the snags in the oven, leaving you to do very little!

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

NOTE: You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
All-American spice blend	1 sachet	2 sachets
caramelised onion & parsley beef sausages	1 medium packet	1 large packet
sticky meat glaze	1 medium packet	1 large packet
apple	1	2
deluxe slaw mix	1 medium bag	1 large bag
mayonnaise	1 packet (100g)	2 packets (200g)
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3663kJ (875Cal)	649kJ (155Cal)
Protein (g)	26.4g	4.7g
Fat, total (g)	58.6g	10.4g
- saturated (g)	17.9g	3.2g
Carbohydrate (g)	56.4g	10g
- sugars (g)	32.7g	10g
Sodium (mg)	1671mg	296mg
Dietary Fibre (g)		

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.

1



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. Cut **sweet potato** into wedges. Place on a lined oven tray. Drizzle with **olive oil**, sprinkle with **All-American spice blend** and toss to coat.
- Bake until tender, **20-25 mins**.

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

3



Make the slaw

- When wedges have **5 minutes** remaining, thinly slice **apple**.
- In a medium bowl, combine **apple**, **deluxe slaw mix** and 1/2 the **mayonnaise**.
- Drizzle with **white wine vinegar** and **olive oil**. Toss to coat. Season to taste.

2



Bake the sausages

- While wedges are baking, place **caramelised onion & parsley beef sausages** on a second lined oven tray.
- Bake for **10 minutes**. Turn the **sausages**, then continue baking until browned and cooked through, **10-15 minutes**.
- When sausages have **5 minutes** remaining, pour over **sticky meat glaze**. Return to oven to finish baking.

4



Serve up

- Divide sticky beef sausages, apple slaw and spiced sweet potato wedges between plates.
- Spoon any remaining glaze from tray over sausages.
- Serve with remaining mayo.

Enjoy!

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