



# MEXICAN STYLE HOT SAUSAGE

with Charred Corn Salsa and Sweet Potato Fries



## HELLO SWEETCORN

*Sweetcorn leaves were used as chewing gum by Native Americans!*



Sweet Potato Fries



Hickory Smoked Sausage



Brioche Bun



Sweetcorn



Coriander



Cosberg Lettuce



Lime



Chipotle Ketchup

MEAL BAG

20 mins

2 of your 5 a day

Medium heat

Rapid recipe

We've paired smoked sausage in a sweet brioche bun with charred corn salsa. Charring the corn brings out its intensely savoury, smoky depth of flavour, the perfect partner for the sweeter elements of this dish. Serve with crispy, flavourful sweet potato fries and chipotle ketchup for a further smoky and spicy kick!

GET **PREPARED!**

Preheat the Oven to 200°C.

## BEFORE YOU START

- Preheat the Oven to **200°C**.
- Wash the veggies.
- Make sure you've got two **Large Baking Trays, Sieve, Fine Grater and Large Frying Pan**. Let's start cooking the **Mexican Style Hot Sausage with Charred Corn Salsa and Sweet Potato Fries**.



### 1 GET STARTED

- Pop the **sweet potato fries** on a large baking tray leaving space at one end for your **sausages**. Drizzle with **oil** and season with a pinch of **salt** and **pepper**. Toss to coat. Put the **sausages** on the other end of the tray.
- Cut open your **bricche rolls** by slicing three-quarters of the way through the centre and set aside.



### 4 CHAR THE CORN

- Heat a large frying pan on high heat (no **oil**). Once hot, add the **corn** to the pan and fry until charred, 4-5 mins. Stir only once or twice in this time, you want the **corn** to go nice and brown. **★ TIP:** Charring the corn brings out its flavour!



### 2 ROAST TIME

- Roast on the top shelf until the **sausages** are cooked through and the **fries** golden, 18-20 mins. Turn halfway through cooking. **! IMPORTANT:** The sausages are cooked when no longer pink in the middle.



### 5 MAKE THE SALSA

- Remove the **sweetcorn** to a large bowl.
- Add the **lime zest, coriander**, a pinch of **salt** and **pepper** and squeeze in the **lime juice**. Pour in the **olive oil** (see ingredients for amount), stir together.
- Pop the **bricche buns** on another baking tray on the middle shelf of the oven to warm through for the last 2-3 mins of the **sausage** cooking time.



### 3 PREP THE VEGGIES

- Meanwhile, drain the **sweetcorn** in a sieve.
- Roughly chop the **coriander** (stalks and all).
- Trim the root from the **cosberg lettuce** then half lengthways. Slice widthways into 1cm chunks.
- Zest and halve the **lime**.



### 6 SAUSAGES ASSEMBLE!

- When everything is ready, divide the **chipotle ketchup** along the middle of each **bricche bun**.
- Top with a **sausage** and a couple of spoonfuls of **sweetcorn salsa**. Add the **cosberg lettuce** to the rest of the **salsa** and mix together.
- Serve the **sausage buns** with the remaining **salsa** and the **sweet potato fries** alongside. **Enjoy!**

## 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Sweet Potato Fries *	1 pack	1 pack	2 packs
Hickory Smoked Sausage 14) *	2	3	4
Brioche Bun 7) 8) 11) 13)	2	3	4
Sweetcorn *	1 small carton	¾ large carton	1 large carton
Coriander *	1 bunch	1 bunch	1 bunch
Cosberg Lettuce *	1	1½	2
Lime *	1	1	1
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Chipotle Ketchup 10)	1 sachet	1½ sachets	2 sachets

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 509G	PER 100G
Energy (kJ/kcal)	3073 / 735	604 / 144
Fat (g)	32	6
Sat. Fat (g)	13	3
Carbohydrate (g)	87	17
Sugars (g)	15	3
Protein (g)	25	5
Salt (g)	2.36	0.46

Nutrition for uncooked ingredients based on 2 person recipe.

#### ALLERGENS

7) Milk 8) Egg 10) Celery 11) Soya 13) Gluten 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.

#### THUMBS UP OR THUMBS DOWN?

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