



Herby Pork Sausages & Pre-Cut Fries

with Tomato-Rocket Salad & BBQ Sauce

Grab your Meal Kit with this symbol



Potato Fries



All-American Spice Blend



Pork, Garlic & Herb Sausages



Snacking Tomatoes



Parsley



Spinach, Rocket & Fennel Mix



BBQ Sauce



Pork, Garlic & Herb Sausages

Prep in: **5-10 mins**
Ready in: **20-30 mins**



Calorie Smart*

*Custom Recipe is not Calorie Smart

In 4 easy steps, whip up these speedy garlic-herb pork sausages and fries combo that is loaded with one of our favourite flavours (All-American spice blend to be precise) and here you'll have a meal that you won't be able to stop talking about! It's tasty, it's crunchy, it's crispy. It's a trifecta of a dish!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato fries	1 medium bag	1 large bag
All-American spice blend	1 medium sachet	1 large sachet
pork, garlic & herb sausages	1 medium packet	1 large packet
snacking tomatoes	1 punnet	2 punnets
parsley	1 bag	1 bag
spinach, rocket & fennel mix	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
BBQ sauce	1 packet	2 packets
pork, garlic & herb sausages**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2694kJ (644Cal)	519kJ (124Cal)
Protein (g)	25.9g	5g
Fat, total (g)	38.1g	7.3g
- saturated (g)	11g	2.1g
Carbohydrate (g)	47.1g	9.1g
- sugars (g)	13.9g	2.7g
Sodium (mg)	1273mg	245mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4135kJ (988Cal)	618kJ (147Cal)
Protein (g)	45.1g	6.7g
Fat, total (g)	65.4g	9.8g
- saturated (g)	21.3g	3.2g
Carbohydrate (g)	53.3g	8g
- sugars (g)	14.5g	2.2g
Sodium (mg)	1761mg	263mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Place **potato fries** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **All-American spice blend** and season with **salt**. Toss to coat.
- Roast until tender, **20-25 minutes**.

Little cooks: Help season and toss the potato fries!

3



Make the slaw

- When sausages have **10 minutes** remaining, halve **snacking tomatoes**.
- Roughly chop **parsley**.
- In a large bowl, combine **spinach, rocket & fennel mix, tomatoes, parsley** and a drizzle of the **white wine vinegar** and **olive oil**.
- Season to taste.

Little cooks: Take the lead by tossing the salad!

2



Cook the sausages

- While fries are baking, place **pork, garlic & herb sausages** on a second lined oven tray and bake for **10 minutes**.
- Turn **sausages** and continue baking until browned and cooked through, **10-15 minutes**.

Custom Recipe: If you've doubled your pork, garlic & herb sausages, spread sausages over two oven trays if your tray is getting crowded.

4



Serve up

- Divide herby pork sausages, tomato-rocket salad and potato fries between plates.
- Drizzle **BBQ sauce** over sausages. Enjoy!

Little cooks: Add the finishing touch by drizzling over the BBQ sauce!

Rate your recipe

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