Beef Sausage Sizzle & Charred Corn Cob

with Capsicum & Mustard Mayo

KID FRIENDLY

Grab your meal kit with this number **14**

- Garlic
- Brown Onion
- Capsicum
- Corn
- Hot Dog Buns
- Caramelised Onion & Parsley Beef Sausages
- Mixed Salad Leaves
- Mustard Mayo

Prep in: 20-30 mins
Ready in: 35-45 mins

If you want something sizzling, juicy and oozing with flavour, then these caramelised onion and parsley beef sausages are the ones for you. Pile them high in sausage sizzle fashion with charred capsicum, mustard mayo and corn cob to finish it off. If you don't have a BBQ, follow along with our stovetop method to enjoy this dinner delight.

Caramelised Onion & Parsley Beef Sausages

Bacon

Before you start

All ingredients are portioned according to plan size.
Wash hands and fresh veggies.
Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

You will need

BBQ or medium saucepan and large frying pan

Ingredients

	2P	3P	4P	5P	6P
olive oil*	refer to method				
garlic (clove(s))	2	3	4	5	6
brown onion	1	1	2	2	3
capsicum	1	1	2	2	3
corn	1	2	2	3	3
butter* *(gram(s))*	30g	60g	60g	90g	90g
hot dog buns	2	3	4	5	6
caramelised onion & parsley beef sausages	4	6	8	10	12
mixed salad leaves (packet(s))	1	1	1	2	2
vinegar* *(white wine or balsamic)*	refer to method				
mustard mayo (packet(s))	1	2	2	3	3

****Pantry Items***

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3350kJ (800Cal)	577kJ (138Cal)
Protein (g)	33.4g	5.7g
Fat, total (g)	47.5g	8.2g
- saturated (g)	18.9g	3.3g
Carbohydrate (g)	59.9g	10.3g
- sugars (g)	22.7g	3.9g
Sodium (mg)	1270mg	219mg
Dietary Fibre (g)	13.9g	2.4g

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

Get prepped

- Finely chop **garlic**.
- Thinly slice **brown onion** and **capsicum**.
- Halve **corn cob**.
- In a medium bowl, combine **onion**, **capsicum**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- In a small microwave-safe bowl, microwave the **butter** and **garlic** in **10 second** bursts, until melted. Season to taste.
- Slice **hot dog buns** in half lengthways, ¾ of the way through and brush with half of the **garlic butter**.

2

Grill the corn

- When BBQ is hot, grill **corn**, turning, until charred and cooked through, **10-15 minutes**.

No BBQ? *In a medium saucepan, bring water to the boil. Cook corn in boiling water until tender and bright yellow, 5 minutes. Drain. Cover to keep warm.*

3

Grill the sausages

- Meanwhile, brush **caramelised onion & parsley beef sausages** with **olive oil**, then grill, turning occasionally, until cooked through and slightly charred, **8-12 minutes**.
- Transfer to a plate and cover to keep warm.

No BBQ? *In a large frying pan, heat a small drizzle of olive oil over medium heat. Cook sausages, turning occasionally, until browned and cooked through, 10-12 minutes.*

4

Grill veggies & buns

- While corn and sausages are cooking, grill **onion** and **capsicum**, tossing occasionally, until tender and slightly charred, **6-8 minutes**. Transfer to a bowl.
- When veggies are done, grill **buns**, turning, until warmed through, **2-3 minutes**.

No BBQ? *Return frying pan to high heat with a drizzle of olive oil and cook onion and capsicum, tossing occasionally, until tender and lightly charred, 4-5 minutes. Bake hot dog buns directly on a wire oven rack until heated through, 3 minutes.*

5

Bring it all together

- To the bowl with the capsicum and onion, add **mixed salad leaves** and a drizzle of **vinegar** and **olive oil**. Season to taste.
- Brush **corn** with remaining **garlic butter**.

6

Finish & serve

- Fill hot dog buns with some capsicum salad and beef sausages.
- Drizzle over **mustard mayo**.
- Serve with charred corn cob and any remaining capsicum salad. Enjoy!

CUSTOM OPTIONS

CARAMELISED ONION & PARSLEY BEEF SAUSAGES:
Follow method above.

BACON:
Cook bacon, turning, until golden, 4-5 minutes. Add to hot dog to serve.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO