



# Grilled Pork Sausages & Garlic Crushed Potatoes

with Caramelised Onion, Pea Pod Salad & Roast Tomato Salsa

GOOD TO BBQ

NEW

Grab your meal kit with this number

13



Potato



Pea Pods



Onion



Garlic



Herbed Pork Sausages



Chicken-Style Stock Powder



Mixed Salad Leaves



Roasted Tomato Salsa



Diced Bacon



Grated Parmesan Cheese

Prep in: 20-30 mins  
Ready in: 30-40 mins

Calorie Smart

Fire up the grill and dive into a backyard BBQ feast! Juicy grilled pork sausages take centre stage, paired with buttery garlic potatoes that are oh-so-satisfying. On the side, a fresh pea pod salad brings a crisp, garden-fresh crunch, while a smokey-sweet roast tomato salsa ties it all together. If you don't have a BBQ, follow along with our stovetop method!

### Pantry items

Olive Oil, Butter, Balsamic Vinegar

## Before you start

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.

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

## You will need

Medium saucepan · BBQ or large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
pea pods	1 packet	2 packets
onion	½	1
garlic	2 cloves	4 cloves
herbed pork sausages	1 medium packet	2 medium packets OR 1 large packet
<b>butter*</b>	20g	40g
chicken-style stock powder	1 medium sachet	1 large sachet
mixed salad leaves	1 small packet	1 medium packet
<b>balsamic vinegar*</b>	drizzle	drizzle
roasted tomato salsa	1 medium packet	2 medium packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2291kJ (548cal)	422kJ (78cal)
Protein (g)	29.4g	5.4g
Fat, total (g)	22.9g	4.2g
- saturated (g)	7.2g	1.3g
Carbohydrate (g)	84.7g	15.6g
- sugars (g)	32.9g	6.1g
Sodium (mg)	2550mg	469.6mg
Dietary Fibre (g)	10.9g	2g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Boil the kettle. Preheat BBQ to high heat.
- Cut **potato** into bite-sized chunks.
- Trim **pea pods** and halve lengthways.
- Thinly slice **onion** (see ingredients).
- Finely chop **garlic**.
- In a medium bowl, combine **onion**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- Brush the **herbed pork sausages** with **olive oil**.



## Grill the onion

- Grill **onion** on BBQ, tossing occasionally, until tender and slightly charred, **6-8 minutes**.

**No BBQ?** Return the frying pan to high heat with a drizzle of olive oil. Cook onion, tossing occasionally, until tender and lightly charred, 4-5 minutes.



## Make the crushed potatoes

- Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and set aside.
- Return the saucepan to medium-high heat. Add the **butter** and **garlic** and cook, stirring until fragrant, **1 minute**.
- Add **chicken-style stock powder**. Stir to combine, then remove from heat.
- Add **potato** to the pan and toss to coat. Lightly crush with a fork. Cover to keep warm.



## Toss the salad

- In a second medium bowl, combine **mixed salad leaves**, **pea pods** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste.



## Grill the sausages

- When BBQ is hot, grill **sausages**, turning occasionally, until cooked through and slightly charred, **8-12 minutes**.

**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. Transfer to a plate and cover to keep warm.



## Finish & serve

- Divide grilled pork sausages, garlic crushed potatoes and pea pod salad between plates.
- Top sausages with grilled onion.
- Serve with **roasted tomato salsa**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW03



## CUSTOM OPTIONS



### ADD DICED BACON

Cook, breaking up with tongs or spoon, 4-6 minutes. Add to salad.



### ADD GRATED PARMESAN CHEESE

Add to potatoes before crushing with a fork.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

