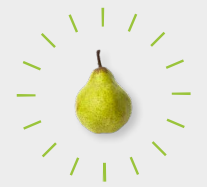




POSH PORK SAUSAGE SUBS

with Caramelised Pear & Fries



Caramelize pear
and onion



Potato



Classic Pork
Sausages



Red Onion



Pear



Mayonnaise



Wholegrain Mustard



Cucumber



Rocket Leaves



Ciabatta

Hands-on: 30 mins
Ready in: 35 mins

We're taking subs into dinner territory with this hearty recipe using juicy pork sausages. Sandwiched in warm crusty ciabatta rolls and topped with mustard mayo, rocket and caramelised pear and onion, they're just the thing for a casual dinner that's still a bit fancy.

Pantry Staples: Olive Oil, Balsamic Vinegar,
Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **large frying pan**



1 BAKE THE FRIES

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Bake on the top oven rack until tender, **25-30 minutes**. **TIP:** *Cut the potato to the correct size so it cooks in the allocated time.*



2 COOK THE SAUSAGES

While the fries are baking, heat a large frying pan over a medium-high heat with a **drizzle** of **olive oil**. Add the **classic pork sausages** to the pan and cook, turning often, until browned all over, **5-6 minutes**. Transfer the **sausages** to a second oven tray lined with baking paper and bake until cooked through, **15-20 minutes**.



3 CAMELISE THE ONION & PEAR

While the sausages are baking, thinly slice the **red onion** and **pear**. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **onion** and **1/2** the **pear** and cook, stirring often, until softened, **5-6 minutes**. Add the **balsamic vinegar (for the onion)**, **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



4 GET PREPPED

While the onion and pear are cooking, combine the **mayonnaise** and **wholegrain mustard (see ingredients list)** in a small bowl. **TIP:** *Add less or more mustard depending on your taste!* Thinly slice the **cucumber** into half-moons. In a medium bowl, combine **1/2** the **rocket leaves** and the **remaining pear**. Just before serving add the **balsamic vinegar (for the salad)**, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat. **TIP:** *Toss the salad just before serving to keep the leaves crisp!*



5 HEAT THE CIABATTA

When the fries have **8 minutes** cook time remaining, wrap the **ciabatta** in foil and place directly on the wire racks of the oven. Bake the ciabatta until heated through, **6-8 minutes**.



6 SERVE UP

Slice the sausages in half lengthways. Slice each ciabatta loaf in half and spread some mustard mayo over the bases. Top with the remaining rocket, pork sausages and caramelised pear and onion. Serve the fries, rocket and pear salad and remaining mustard mayo on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	3	6
classic pork sausages	1 packet	1 packet
red onion	1	2
pear	1	2
balsamic vinegar* (for the onion)	4 tsp	2½ tbs
water*	2 tsp	4 tsp
brown sugar*	1½ tsp	1 tbs
mayonnaise	1 packet (40g)	2 packets (80g)
wholegrain mustard	¾ packet (30g)	1½ packets (60g)
cucumber	1	2
rocket leaves	1 bag (60g)	1 bag (120g)
balsamic vinegar* (for the salad)	2 tsp	4 tsp
ciabatta	2	4

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3430kJ (819Cal)	529kJ (126Cal)
Protein (g)	32.2g	5.0g
Fat, total (g)	20.4g	3.2g
- saturated (g)	1.7g	0.3g
Carbohydrate (g)	111g	17.1g
- sugars (g)	23.9g	3.7g
Sodium (g)	1330mg	204mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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