



# Pork Saussie & Veggie Adventure Plate

with Potato Wedges & Herby Mayo

EAT THE RAINBOW

KID FRIENDLY

Grab your meal kit with this number

22



Potato



Crispy Seasoning



Herbed Pork Sausages



Snacking Tomatoes



Carrot



Cucumber



Dill & Parsley Mayonnaise



Herbed Pork Sausages



Diced Bacon

Prep in: 15-25 mins  
Ready in: 30-40 mins

Turn mealtime into a colourful adventure! Kids can dive into a plate piled up with herby pork sausages and enjoy an array of veggie sticks, cherry tomatoes and crispy potato wedges. It's fun, hands-on and packed with veggie power!

## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
crispy seasoning	½ sachet	1 sachet
herbed pork sausages	4	8
snacking tomatoes	½ packet	1 packet
carrot	1	2
cucumber	1 (medium)	1 (large)
dill & parsley mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2420kJ (579Cal)	491kJ (117Cal)
Protein (g)	26.1g	5.3g
Fat, total (g)	37.9g	7.7g
- saturated (g)	8.6g	1.7g
Carbohydrate (g)	58.8g	11.9g
- sugars (g)	36.9g	7.5g
Sodium (mg)	2500mg	507mg
Dietary Fibre (g)	6.3g	1.3g

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

1



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges.

2



## Arrange the wedges

- Place on lined oven tray. Drizzle with **olive oil**, sprinkle with **crispy seasoning** (see ingredients) and toss to coat.

**Little cooks:** Help with sprinkling over the seasoning and tossing the wedges.

3



## Bake the wedges

- Bake **wedges** until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide between two trays.

4



## Cook the pork sausages

- Meanwhile, heat a large frying pan with a drizzle of **olive oil** over medium-high heat.
- Cook **herbed pork sausages**, turning occasionally, until browned all over and cooked through, **12-15 minutes**.

5



## Prep the veggies

- Halve **snacking tomatoes** (see ingredients).
- Thinly slice **carrot** into sticks.
- Thinly slice **cucumber** into half-moons.

**Little cooks:** Help wash the veggies!

6



## Finish & serve

- Divide pork sausages, potato wedges and rainbow veggies between plates.
- Serve with **dill & parsley mayonnaise**. Enjoy!

**Little cooks:** Add the finishing touch by drizzling over the mayo!

## We're here to help!

Scan here if you have any questions or concerns

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### CUSTOM OPTIONS



#### HERBED PORK SAUSAGES:

Follow method above, cooking in batches if necessary.



#### DICED BACON:

Cook, breaking up with a spoon, until browned, 6-7 minutes. Sprinkle over to serve.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO

