



for the
little ones



LoaDeD hot Dogs

Time for a family sausage sizzle! Loaded hot dog rolls with beef chipolatas, caramelised onion and cheddar cheese.



25 Minutes



2 Servings



Beef

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	30g	35g

FROM YOUR BOX

BROWN ONION	1
RED CAPSICUM	1
BEEF CHIPOLATAS	300g
HOT DOG ROLLS	2-pack
BABY COS LETTUCE	1
SHREDDED CHEDDAR CHEESE	1 packet

FROM YOUR PANTRY

oil for cooking

COOKING TOOLS

hot plate or BBQ or frypan, oven tray

Slice and serve any leftover chipolatas and caramelised onion and capsicum with your scrambled eggs for breakfast!

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

No gluten option - hot dog rolls are replaced with GF bread rolls.



1. COOK the Vegetables

Set oven to 180°C (optional).
Heat a hot plate, BBQ or large frypan with oil over medium-high heat. Slice and add **onion** and **capsicum**. Cook for 6–8 minutes or until softened and golden.

tip Keep the capsicum fresh if you like!



4. PREPARE the fillings

Shred **lettuce**. Carefully halve the cooked **chipolatas** lengthways. Arrange with the **caramelised onion** and **capsicum** on a serving platter.



2. ADD the chipolatas

Add **chipolatas** to cook on to the hotplate or BBQ, or cook them in a separate frypan. Cook, turning for 10 minutes or until browned and cooked through.



5. FINISH AND SERVE

Bring **cheese** to the table. Allow everyone to assemble their own loaded hot dogs with **chipolatas**, **cheese**, **caramelised onion** and **capsicum**.

tip Serve with condiments of choice such as tomato sauce, BBQ sauce or relish.



3. TOAST the hot dog ROLLS

Slice open the **hot dog rolls**. Place on an oven tray and warm in the oven for 2–3 minutes. Alternatively, warm them on the BBQ (if using).