



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



4/6 Servings



Beef

| Per serve   | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|-------------|---------|-----------|---------------|
| 4/6 Person: | 26g     | 25g       | 34g           |

## FROM YOUR BOX

|                         | 4 PERSON | 6 PERSON    |
|-------------------------|----------|-------------|
| BROWN ONION             | 1        | 2           |
| RED CAPSICUM            | 1        | 2           |
| BEEF CHIPOLATAS         | 600g     | 600g + 300g |
| HOT DOG ROLLS           | 4        | 6           |
| BABY COS LETTUCE        | 1        | 1           |
| SHREDDED CHEDDAR CHEESE | 1 packet | 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).