



ONE-SHEET SAUSAGE HOAGIES

with Roasted Bell Peppers and Broccolini



HELLO

BROCCOLINI

A hybrid of the common broccoli and *gai lan* - Chinese broccoli

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 931



Mild Italian Sausage



Broccolini



Red Bell Pepper



Green Bell Pepper, sliced



Onion, sliced



Italian Seasoning



Long Roll



Italian Blend Cheese, shredded

BUST OUT

- Baking Sheet
- Pepper
- Salt
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Mild Italian Sausage 1 pkg (250 g) | 2 pkg (500 g)
- Broccolini 170 g | 340 g
- Red Bell Pepper 230 g | 460 g
- Green Bell Pepper, sliced 1 pkg (185 g) | 2 pkg (370 g)
- Onion, sliced 1 pkg (113 g) | 2 pkg (227 g)
- Italian Seasoning 1 pkg (1 tsp) | 2 pkg (2 tsp)
- Long Roll 1 2 | 4
- Italian Blend Cheese, shredded 2 1 pkg (56 g) | 2 pkg (113 g)

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

START STRONG

Preheat the oven to **450°F** (to roast the veggies). Start prepping when the oven comes up to temperature!

BBQ TIP: Instead of pan-frying, grill sausages over medium-high heat, turning occasionally, until cooked to 160°F, 10-12 min..



1 PREP Wash and dry all produce. Core, then thinly slice the **red bell pepper(s)**.



2 ROAST VEGGIES On one side of a baking sheet, toss the **red peppers, green peppers** and **onions** with a drizzle of oil. Season with **salt** and **pepper**. Poke a few holes in the **sausages** with a fork, then place them on top of the veggies.



3 ROAST VEGGIES Toss the **broccolini** on the other side of the baking sheet with the **Italian seasoning** and a drizzle of **oil**. Season with **salt** and **pepper**. Bake in the centre of the oven, until the **veggies** are golden-brown and **sausages** are cook through, 18-20 min. (**TIP:** Cook to a minimum internal temperature of 160°F.)



4 PREP ROLLS Meanwhile, cut each **roll** in half, like a hot dog bun, leaving a ½-inch intact on one side. Open them up like books.



5 MELT CHEESE Remove the casings from the **sausages**, then thinly slice the sausages. (The casing keeps the sausage in shape while cooking.) Assemble each **roll** with the **peppers, onions** and **sliced sausage**. Sprinkle with **cheese** and return to the oven until cheese is melted, 2-3 min.



6 FINISH AND SERVE Serve the **hoagies** with any **remaining veggies** on the side.

TAKE ME OUT!

This ballpark classic is perfect for baseball season.