



GLUTEN
FREE

Sweet Potato Hot Dogs

COOK 1 HOUR | SERVES 4

INGREDIENTS

- 4 sweet potatoes, evenly sized and preferably long like a hot dog
- 4 Peppercorn Beef Sausages
- 2 brown onions, roughly diced
- 4 rashers of bacon, roughly diced
- Flat-leave parsley, finely chopped, to serve

Low-Carb Mustard Sauce:

- 6 tbsp Dijon mustard
- 1/3 cup Good Fat mayo
- 1/4 cup Lakanto golden malt flavoured monkfruit sweetener
- 1 tbsp apple cider vinegar
- 1/4 tsp cayenne pepper

PREPARATION

1. Get started by preheating your oven to 180°C (350°F) and line a large baking tray with baking paper. Using your hands, rub olive oil and a pinch of sea salt all over the potatoes until well-seasoned. Place on the prepared baking tray and roast for between 40-50 minutes, depending on the sweet potato size. The thinner they are, the quicker they will cook. Simply test their doneness by inserting a fork or skewer and ensuring it is soft the whole way through.
2. Whilst they're cooking, heat the oil in a fry pan and cook the sausages, turning frequently over medium heat until browned and cooked.
3. In another pan, add a splash of oil and fry the brown onion and bacon until the bacon is cooked through and the onion is lovely and caramelised.
4. For the low-carb mustard sauce, add all of the ingredients to a bowl and whisk until lovely and smooth. Store in a glass jar in the fridge for up to 3 weeks. For a thinner sauce or dressing, add an additional tablespoon of apple cider vinegar and 1 to 2 tablespoons of olive oil.
5. Once the sweet potatoes are cooked through, halve length ways and add your toppings starting with the sausage, topped with the onion and bacon, low-carb sauce and parsley.

This recipe was created by Cook with Luke.

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