

The image features a vertical red and white striped pattern, reminiscent of a classic t-shirt. In the center, there is a white label with a black border and a small notch at the top and bottom, containing the word "FRIDAYS" in a bold, black, sans-serif font.

**FRIDAYS**

**Double Denim. Double Benefits.**

The lining of your meal kit is made from 100% recycled denim. Specifically designed to protect your food and to protect the environment. And who doesn't look good in double denim?!

# Fridays® BBQ Box

**Allergens:**  
Contains: Wheat,  
Barley, Celery, Egg,  
Milk, Mustard,  
Soya, Sulphites

## Ingredients

Feeds 4

1 x Pack of ribs	4 x Cheese slices	240ml BBQ Sauce/Fridays
4 x Beef burgers	4 x Burger buns	Legendary Glaze
4 x Cumberland sausages	4g Cajun seasoning	300ml Bleu cheese sauce
4 x BBQ sausages	Whole iceberg lettuce	80ml Burger mayo
30g Bacon		

**Prep time:** 10 Minutes

**Total cook time:** 12 Minutes

**Storage:** Keep refrigerated below 5°C. Consume by date shown. Not suitable for freezing.

**Cooking Instructions:** Our Instructions are guidelines only, as individual BBQs do vary in fuels and strength. Please take this into consideration when cooking. Please ensure that all meats are thoroughly cooked and piping hot before serving

## Method:

Fire up the BBQ, allow time for it to come to temperature.  
This can vary depending on whether your BBQ is solid fuel (coal) or gas fuel.

### For the ribs:

1. Place 1 full rack of ribs on a large heat proof plate, cover with cling film and heat in microwave on full power for 2 minutes. This enables you to get that BBQ flavour without burning the meat.
2. Remove cling film and place ribs on your pre-heated BBQ (bones pointing upwards) and cook for 4 minutes.
3. Carefully flip ribs over using tongs and cook for a further 4 minutes.
4. Remove ribs from BBQ, place on metal tray and baste with BBQ Sauce/Fridays Legendary Glaze.

### For the pork sausages:

1. Brush each sausage with vegetable oil and (optional) season with salt and pepper.
2. Place the sausages on a medium-hot section of your BBQ and cook for 3 minutes.
3. Turn the sausages over and cook for another 3 minutes.
4. Repeat this process again so that each side has been cooked for 6 minutes each in total.
5. To ensure your sausages are ready to be eaten, check the juices run clear and/or a core temperature of 75°C has been reached. Place the sausages on a metal tray, cover with tin foil and keep warm, until ready to serve.

### For the BBQ sausage:

1. Brush each sausage with vegetable oil and (optional) season with salt and pepper.
2. Place the sausages on a medium-hot section of your BBQ and cook for 3 minutes.
3. Turn the sausages over and cook for another 3 minutes.
4. Repeat this process again so that each side has been cooked for 6 minutes each in total.
5. To ensure your sausages are ready to be eaten, check the juices run clear and/or a core temperature of 75°C has been reached.
6. Place the sausages on a metal tray, cover with tin foil and keep warm, until ready to serve.

### For the beef burgers:

1. Place burgers on the hottest section of your BBQ and cook for 2 minutes.
2. Turn the burgers over and cook for another 2 minutes.
3. Repeat this process so each side has been cooked for 4 minutes or until preferred temperature is met.  
**TOP TIP** – when flipping your burgers, turn them 90 degrees to create those iconic BBQ diamond marks!
4. Remove the burgers from the BBQ, place on a metal tray and cover with tin foil until ready to serve.
5. Once ready to assemble, top the burgers with cheese (optional). Toast the burger buns, then top with burger mayo and stack as desired.

### For the wedge salad:

1. Remove and discard outer leaves of the lettuce.
2. Carefully remove the core using a small, sharp knife.
3. Pull apart the lettuce into large wedges. Wash in cold salted water and drain well.
4. Place the wedges in a serving bowl and cover in the bleu cheese dressing.
5. Add the bacon bits to a non-stick frying pan and cook until they become crispy. Pour into absorbent paper to absorb any excess fat.
6. Allow to cool before sprinkling over the wedge salad.

When ready to serve, remove foil from cooked meats, place wedge salad in a bowl, sit down and enjoy that Fridays Feeling at home.

