



Spicy hot dogs

25'
Hands on

10'
Cook Time

6
Portion(s)

1
Difficulty



Ingredients

For the sauce

- 2-3 tablespoon(s) olive oil
- 1 onion
- 1 clove(s) of garlic
- 1 red bell pepper
- 1 chili pepper
- salt
- pepper
- 1 teaspoon(s) cinnamon
- 1 teaspoon(s) cumin
- 1 tablespoon(s) cayenne pepper
- 400 g canned tomatoes
- 100 g water
- 100 g red beans, canned
- 100 g corn, canned

To assemble

- 6 [hot dog buns](#)
- 6 sausages
- 3 tablespoon(s) olive oil
- 1/4 bunch coriander

Method

For the sauce

- Place a deep [frying pan](#) over high heat and add the olive oil.
- Finely chop the onion, the garlic, and add them to the pan.
- **Cut** the pepper into thin strips, finely chop the chili pepper, and add them to the pan.
- Add salt, pepper, the cinnamon, the cumin, the cayenne pepper, the tomato, the water, the beans, the corn, and mix.
- Simmer at low heat for 10 minutes, until the sauce is reduced.

To assemble

- Place a [grill pan](#) over high heat.
- Split the hot dog buns in half and drizzle with the olive oil.
- Transfer to the grill pan until they are golden on the inside. Remove and set aside.
- Put the sausages on the hot grill pan and cook them for 4-5 minutes, until they are golden brown on all sides.
- Divide the sauce to the buns, add a sausage, the coriander, and serve.

Διατροφικός πίνακας

Nutrition information per portion

642 Calories (kcal)	38.0 Total Fat (g)	10.0 Saturated Fat (g)	44.0 Total Carbs (g)
32%	54%	50%	17%
13.0 Sugars (g)	25.0 Protein (g)	8.7 Fibre (g)	1.8 Sodium (g)
14%	50%	35%	30%