



Easy Pork Sausages & Cherry Tomato Traybake

with Gravy & Parsley

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Carrot



Parsnip



Leek



Aussie Spice Blend



Herbed Pork Sausages



Tinned Cherry Tomatoes



Gravy Granules



Parsley



Herb Pork Sausages

Prep in: 15-25 mins
Ready in: 35-45 mins



Calorie Smart*

*Custom Recipe is not Calorie Smart

Sausages and veggies, it's a classic we can all get behind. You'll be running to line up for a serving when you know that these veggies are roasted with balsamic blistered cherry tomatoes and spices. Make sure to pour over the gravy to seal the deal.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Balsamic Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
parsnip	1	2
leek	1	2
Aussie spice blend	1 medium sachet	1 large sachet
herbed pork sausages	1 packet	1 packet
tinned cherry tomatoes	1 tin	2 tins
brown sugar*	½ tsp	1 tsp
balsamic vinegar*	1 tsp	2 tsp
gravy granules	1 sachet	2 sachets
boiling water*	½ cup	1 cup
parsley	1 bag	1 bag
herbed pork sausages**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2632kJ (629Cal)	348kJ (83Cal)
Protein (g)	32.4g	4.3g
Fat, total (g)	24.2g	3.2g
- saturated (g)	7.4g	1g
Carbohydrate (g)	96g	12.7g
- sugars (g)	56.3g	7.4g
Sodium (mg)	2995mg	396mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3821kJ (913Cal)	421kJ (101Cal)
Protein (g)	54.4g	6g
Fat, total (g)	41.6g	4.6g
- saturated (g)	13.9g	1.5g
Carbohydrate (g)	133.6g	14.7g
- sugars (g)	84.5g	9.3g
Sodium (mg)	4923mg	543mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



2023 | CW40

1



Bake the veggies & sausages

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato, carrot** and **parsnip** into bite-sized chunks. Thickly slice **leek** into rounds.
- Place **veggies** on a lined oven tray. Sprinkle over **Aussie spice blend**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.
- Meanwhile, place **herbed pork sausages** on a second lined oven tray and bake for **10 minutes**. Turn **sausages** and continue baking until browned and cooked through, **10-15 minutes**.

TIP: If your oven tray is crowded, divide between two trays.

Custom Recipe: If you've doubled your herbed pork sausages, cook as above.

3



Make the gravy

- Meanwhile, boil the kettle.
- In a medium heatproof bowl, combine **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.

2



Roast the cherry tomatoes

- Meanwhile, drain **tinned cherry tomatoes**.
- In a medium bowl, combine **cherry tomatoes**, the **brown sugar**, **balsamic vinegar** and a drizzle of **olive oil**.
- When the **veggies** have **15 minutes** remaining, remove tray from oven and add **cherry tomatoes**. Roast until tender and cooked through, **10-12 minutes**.

TIP: Reserve the passata from the cherry tomatoes to use in another meal!
Little cooks: Kids can help make the balsamic cherry tomatoes.

4



Serve up

- Divide roasted veggies and pork sausages between plates.
- Tear over **parsley** and serve with gravy. Enjoy!

Little cooks: Add the finishing touch by tearing over the herbs.

Rate your recipe

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