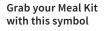


# Easy Pork Sausages & Roast Veggie Toss with Dill & Parsley Mayonnaise

**NEW** KID FRIENDLY CLIMATE SUPERSTAR















Garlic & Herb Seasoning





Peeled Pumpkin



**Baby Spinach** 



Leaves

Mayonnaise





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

Calorie Smart\* \*Custom Recipe is not Calorie Smart Sausages and veggies are a classic we can all get behind - you'll be running to line up for a serving when you get a whiff of the aromas coming from your oven! Make sure to dollop over some dill & parsley mayo to seal the deal.

**Pantry items** 

Olive Oil, 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  $\cdot$  Large frying pan

#### Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
parsnip	1	2		
carrot	1	2		
onion	1/2	1		
garlic & herb seasoning	1 medium sachet	1 large sachet		
herbed pork	1 medium packet	2 medium packets		
sausages	1 mediam packet	OR 1 large packet		
peeled pumpkin pieces	1 medium packet	1 large packet		
baby spinach leaves	1 medium packet	1 large packet		
balsamic vinegar*	drizzle	drizzle		
dill & parsley mayonnaise	1 medium packet	1 large packet		
herbed pork sausages**	1 medium packet	2 medium packets OR 1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2654kJ (634Cal)	416kJ (99Cal)
Protein (g)	29.3g	4.6g
Fat, total (g)	37.3g	5.8g
- saturated (g)	8.4g	1.3g
Carbohydrate (g)	74.8g	11.7g
- sugars (g)	46.9g	7.3g
Sodium (mg)	2551mg	400mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3843kJ (918Cal)	488kJ (117Cal)
Protein (g)	51.3g	6.5g
Fat, total (g)	54.7g	6.9g
- saturated (g)	14.9g	1.9g
Carbohydrate (g)	112.5g	14.3g
- sugars (g)	75.1g	9.5g
Sodium (mg)	4479mg	568mg

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.



## Roast the veggies & sausages

- Preheat oven to 240°C/220°C fan-forced. Cut parsnip and carrot into bite-sized chunks. Cut onion (see ingredients) into wedges.
- Place veggies on a lined oven tray. Sprinkle over half the garlic & herb seasoning, drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then place **pork sausages** on one side of the tray.
- Roast until tender, 20-25 minutes.

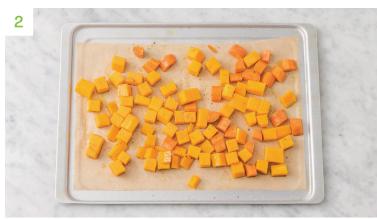
Little cooks: Help toss the veggies!

**Custom Recipe:** If you've doubled your herbed pork sausages, spread over two oven trays if your tray is getting crowded.



# Bring it all together

- When veggies and sausages are done, transfer sausages to a plate.
- Combine all veggies on one tray with baby spinach leaves and a drizzle of balsamic vinegar. Season to taste.



### Roast the pumpkin

- Meanwhile, place peeled pumpkin pieces on a second lined oven tray.
  Sprinkle over remaining garlic & herb seasoning, drizzle with olive oil and toss to coat.
- When veggies have 10 minutes remaining, remove tray from oven, turn sausages and continue baking until browned and cooked through, 10-15 minutes.
- Roast pumpkin until tender and cooked through, 12-15 minutes.



#### Serve up

- · Divide roast veggie toss between plates.
- Top with pork sausages. Dollop over dill & parsley mayonnaise to serve.
  Enjoy!

**Little cooks:** Add the finishing touch by drizzling over the mayo!