



Easy Pork Sausages & Roast Veggie Toss

with Dill & Parsley Mayonnaise

NEW

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Parsnip



Carrot



Onion



Garlic & Herb Seasoning



Herbed Pork Sausages



Peeled Pumpkin Pieces



Baby Spinach Leaves



Dill & Parsley Mayonnaise



Herbed Pork Sausages

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.

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

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	1	2
carrot	1	2
onion	½	1
garlic & herb seasoning	1 medium sachet	1 large sachet
herbed pork sausages	1 medium packet	2 medium packets 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

*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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW09



1



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.

3



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.

2



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**.

4



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!

Rate your recipe

Did we make your tastebuds happy?

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