



Pork Sausages & Roast Veggie Toss

with Dill & Parsley Mayonnaise

KID FRIENDLY

Grab your meal kit with this number

20



Parsnip



Carrot



Onion



Garlic & Herb Seasoning



Herbed Pork Sausages



Peeled Pumpkin Pieces



Baby Leaves



Dill & Parsley Mayonnaise



Herbed Pork Sausages



Grated Parmesan Cheese

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



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 hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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	2 medium packets
baby leaves	1 medium packet	1 large packet
balsamic vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2702kJ (646cal)	211kJ (50cal)
Protein (g)	29.4g	2.3g
Fat, total (g)	37.8g	2.9g
- saturated (g)	8.5g	0.7g
Carbohydrate (g)	76.6g	6g
- sugars (g)	46.8g	3.6g
Sodium (mg)	2553mg	199mg
Dietary Fibre (g)	9.6g	0.7g

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.

1



Roast the veggies and 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. Add **herbed pork sausages** to one side of the tray. Roast until tender, **20-25 minutes**.
- When veggies have **10 minutes** remaining, remove tray from oven, turn **sausages** and continue baking until browned and cooked through, **10-15 minutes**.

3



Bring it all together

- When veggies and sausages are done, combine all **veggies** on one tray with **baby 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.
- Roast **pumpkin** until tender and cooked through, **20-25 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!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS



DOUBLE HERBED PORK SAUSAGES

Follow method above, cooking in batches if necessary.



ADD GRATED PARMESAN CHEESE

Sprinkle over before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

