

## **SAUSAGE & VEGGIE TRAY BAKE**

with Creamy Pesto Dressing





Use sausages in a tray bake













Peeled Pumpkin



Sausages





Rosemary Panini



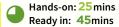


Baby Spinach Leaves



Creamy Pesto Dressing

Pantry Staples: Olive Oil



Sausages, bangers, snags - whatever you like to call them, these pork delights are heaven on a tray! We've teamed them with loads of baked veggies for goodness and a creamy pesto dressing that lifts this dish to next-level tastiness. Gather the troops and get ready for a dinner that really sizzles!

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

• two oven trays lined with baking paper • medium frying pan



## Preheat the oven to 220°C/200°C fanforced. Cut the potato (unpeeled) into 1cm chunks. Cut the courgette and carrot (unpeeled) into 1cm half-moons. Slice the red onion into 2cm wedges. Cut the peeled pumpkin into 2cm chunks. TIP: Cut the veggies to the correct size so they cook in the allocated time.



2 BAKE THE VEGGIES

Arrange the potato, courgette, carrot, onion and chopped pumpkin on two oven trays lined with baking paper. Drizzle with olive oil and add the salt and a pinch of pepper. Toss to coat, then arrange in a single layer and bake until the veggies are tender, 25-30 minutes.



FRY THE SAUSAGES
While the veggies are baking, in a large frying pan, heat a drizzle of olive oil over a medium-high heat. When the oil is hot, add the classic pork sausages to the pan. Cook, turning occasionally, until browned, 5 minutes. Remove the pan from the heat.

\*TIP: The sausages will continue cooking in step 5.



PREP THE GARLIC PANINI
Cut or tear the rosemary panini into 2cm chunks. Finely chop the garlic (or use a garlic press). Place the panini and garlic in a medium bowl, drizzle generously with olive oil and season with salt and pepper.



FINISH THE TRAY BAKE
After the veggies have been in the
oven for 15 minutes, remove the trays and
toss the veggies with a spatula. Divide the
sausages between the trays and scatter over
the garlic panini. Bake until the veggies are
tender and the sausages are cooked through,
10-15 minutes. \* TIP: Leave the panini on
top of the veggies so it crisps up! Finely chop
the parsley.



6 SERVE UP
Add the baby spinach leaves to the oven trays and toss to combine. Divide the sausage and veggie tray bake between plates and garnish with parsley. Serve with the creamy pesto dressing.

\*TIP: For kids, see our serving suggestion in the main photo.

## **ENJOY!**

## INGREDIENTS

	4-5P
olive oil*	refer to method
potato	5
courgette	1
carrot	1
red onion	2
peeled pumpkin	1 packet (200 g)
salt*	¼ tsp
classic pork sausages	1 packet
rosemary panini	1
garlic	2 cloves
parsley	1 bunch
baby spinach leaves	1 bag (120 g)
creamy pesto dressing	1 tub (100 g)

\*Pantry Items

NUTRITION	PER SERVING	<b>PER 100G</b>
Energy (kJ)	3190kJ (762Cal)	552kJ (132Cal)
Protein (g)	33.8g	5.9g
Fat, total (g)	46.3g	8.0g
- saturated (g)	18.4g	3.2g
Carbohydrate (g)	48.5g	8.4g
- sugars (g)	8.3g	1.4g
Sodium (g)	1690mg	293mg

For allergens and ingredient information, visit **HelloFresh.co.nz/recipes** 

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Hello@HelloFresh.co.nz