



SAUSAGE & VEGGIE TRAY BAKE

with Creamy Pesto Dressing



Use sausages in a tray bake



Potato



Courgette



Red Onion



Carrot



Peeled Pumpkin



Classic Pork Sausages



Rosemary Panini



Garlic



Parsley



Baby Spinach Leaves



Creamy Pesto Dressing

Pantry Staples: Olive Oil

Hands-on: 25 mins
Ready in: 45 mins

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!

BEFORE YOU START

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**



1 PREP THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. 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**.



3 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.



4 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**.



5 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!

4-5 PEOPLE 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	PER 100G
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](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
Hello@HelloFresh.co.nz

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