



Pork Sausage & Cheesy Veggie Traybake

with Baby Spinach & Garlic Aioli

WINTER WARMERS

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Carrot & Zucchini Mix



Nan's Special Seasoning



Shaved Parmesan Cheese



Pork, Garlic & Herb Sausages



Baby Spinach Leaves



Garlic Aioli



Pork, Garlic & Herb Sausages

Prep in: 10-20 mins
Ready in: 30-40 mins

Sausages, bangers, snags - whatever you like to call them, these garlic and herb ones are heaven on a tray! We've baked them alongside plenty of sweet and earthy veggies, which are sprinkled with sharp Parmesan in the last five minutes to make them extra delicious.

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

Pantry items

Olive Oil, White Wine 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
sweet potato	2	4
carrot & zucchini mix	1 medium bag	1 large bag
Nan's special seasoning	1 medium sachet	1 large sachet
shaved Parmesan cheese	1 medium packet	1 large packet
pork, garlic & herb sausages	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
pork, garlic & herb sausages**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3296kJ (788Cal)	545kJ (130Cal)
Protein (g)	31.3g	5.2g
Fat, total (g)	53.6g	8.9g
- saturated (g)	14.9g	2.5g
Carbohydrate (g)	45.4g	7.5g
- sugars (g)	19.3g	3.2g
Sodium (mg)	1173mg	194mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4738kJ (1132Cal)	627kJ (150Cal)
Protein (g)	50.5g	6.7g
Fat, total (g)	80.9g	10.7g
- saturated (g)	25.1g	3.3g
Carbohydrate (g)	51.6g	6.8g
- sugars (g)	19.9g	2.6g
Sodium (mg)	1661mg	220mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Chop **sweet potato** into bite-sized chunks.
- Place **sweet potato** and **carrot & zucchini mix** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Nan's special seasoning** and season with **salt** and **pepper**. Toss to coat, then spread out evenly.
- Roast until almost tender, **20-25 minutes**.

Little cooks: Take the lead and help season and toss the veggies!

3



Roast the sausages

- While the veggies are roasting, on a second lined oven tray, place **pork, garlic & herb sausages**, drizzle with **olive oil** and turn to coat.
- Bake until cooked through, **10-14 minutes**.

Custom Recipe: If you've doubled your pork sausages, spread across two oven trays if your tray is getting crowded!

2



Add the Parmesan cheese

- When the veggies have **5 minutes** remaining, remove tray from oven, then sprinkle **shaved Parmesan cheese** over the veggies.
- Return tray to oven and roast until cheese is golden and veggies are tender.

4



Serve up

- When the cheesy veggies are ready, add **baby spinach leaves** and a drizzle of the **white wine vinegar** to the tray. Toss to combine.
- Divide cheesy veggies between plates. Top with pork sausages.
- Serve with a dollop of **garlic aioli**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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