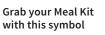


Pork Sausage & Cheesy Veggie Traybake with Baby Spinach & Garlic Aioli

WINTER WARMERS

KID FRIENDLY











Nan's Special Seasoning







Pork, Garlic & Herb Sausages



Garlic Aioli



Shaved Parmesan

Cheese

Leaves





Prep in: 10-20 mins Ready in: 30-40 mins alongside plenty of sweet and earthy veggies, which are sprinkled with sharp Parmesan in the last five minutes to make them extra delicious.

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 \cdot Large frying pan

Ingredients

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	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.



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!



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!



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.



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!



