



Herby Pork Sausages & Capsicum-Spinach Toss

with Chimichurri Drizzle

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Tomato



Capsicum



Aussie Spice Blend



Pork Garlic & Herb Sausages



Baby Spinach Leaves



Chimichurri Sauce



Flaked Almonds



Pork Garlic & Herb Sausages

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

Carb Smart*
**Custom Recipe is not Carb Smart*

This dish boasts four delicious components, which come together in four simple steps. From the tasty sausages and bright veggie toss to the flaked almonds and chimichurri sauce that adds a salsa flair, we can't decide which bit we like best!

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
tomato	1	2
capsicum	1	2
Aussie spice blend	1 medium sachet	1 large sachet
pork, garlic & herb sausages	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
chimichurri sauce	1 medium packet	1 large packet
flaked almonds	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)	2673kJ (639Cal)	484kJ (116Cal)
Protein (g)	28.2g	5.1g
Fat, total (g)	41.5g	7.5g
- saturated (g)	11.4g	2.1g
Carbohydrate (g)	37.4g	6.8g
- sugars (g)	10.7g	1.9g
Sodium (mg)	1049mg	190mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4115kJ (984Cal)	586kJ (140Cal)
Protein (g)	47.4g	6.8g
Fat, total (g)	68.8g	9.8g
- saturated (g)	21.7g	3.1g
Carbohydrate (g)	43.5g	6.2g
- sugars (g)	11.3g	1.6g
Sodium (mg)	1536mg	219mg

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**.
- Cut **potato, tomato** and **capsicum** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Sprinkle with **Aussie spice blend**, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat.
- Roast until tender, **20-25 minutes**. Set aside to cool slightly.

TIP: If your oven tray is crowded, divide the veggies between two trays.

Little cooks: Help with sprinkling the seasoning over the veggies!

3



Bring it all together

- When the roast veggies have cooled slightly, add **baby spinach leaves** and a drizzle of the **white wine vinegar** to the oven tray.
- Gently toss to combine. Season to taste.

2

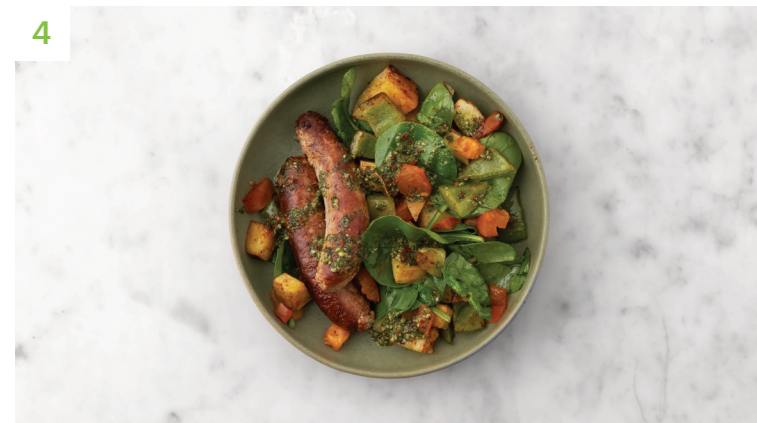


Bake the sausages

- While veggies are roasting, place **pork, garlic & herb sausages** on a second lined oven tray and bake for **10 minutes**.
- Turn **sausages** and continue baking, until browned and cooked through, **10-12 minutes**.

Custom Recipe: If you've doubled your pork, garlic & herb sausages, divide between two trays if your tray is getting crowded!

4



Serve up

- Divide the herby pork sausages and capsicum-spinach toss between plates.
- Spoon **chimichurri sauce** over the sausages.
- Sprinkle over **flaked almonds** to serve. Enjoy!

Little cooks: Work your magic and add the finishing touch by sprinkling the almonds and spooning the chimichurri over the sausages!

We're here to help!

Scan here if you have any questions or concerns



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