



Easy Pork Sausages & Parmesan Roast Veg

with Apple Salad & Burger Sauce

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Chopped Potato



Parmesan Cheese



Pork, Garlic & Herb Sausages



Apple



Mixed Salad Leaves



Mustard Cider Dressing



Burger Sauce



Pork, Garlic & Herb Sausages

Prep in: 5-15 mins
Ready in: 25-35 mins

Almost anything goes with our garlic and herb-laced pork snags - and tonight's sides are no exception. The cheesy carrot and potato chunks make a welcome addition to the dish, while the mustard cider-dressed apple salad works to cut through the richness.

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

Pantry items

Olive Oil

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
carrot	1	2
chopped potato	1 medium bag	1 large bag
Parmesan cheese	1 medium packet	1 large packet
pork, garlic & herb sausages	1 medium packet	1 large packet
apple	1	2
mixed salad leaves	1 medium bag	1 large bag
mustard cider dressing	1 packet	2 packets
burger sauce	1 packet	1 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)	3131kJ (748Cal)	546kJ (130Cal)
Protein (g)	30g	5.2g
Fat, total (g)	47.9g	8.4g
- saturated (g)	14.2g	2.5g
Carbohydrate (g)	47.8g	8.3g
- sugars (g)	16g	2.8g
Sodium (mg)	1072mg	187mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4573kJ (1093Cal)	633kJ (151Cal)
Protein (g)	49.2g	6.8g
Fat, total (g)	75.2g	10.4g
- saturated (g)	24.5g	3.4g
Carbohydrate (g)	54g	7.5g
- sugars (g)	16.6g	2.3g
Sodium (mg)	1559mg	216mg

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](https://www.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 cheesy veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** into bite-sized chunks.
- Spread **carrot** and **chopped potato** over a large microwave-safe plate. Cover with a damp paper towel. Microwave **veggies** on high, **3 minutes**. Drain any excess liquid.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until almost tender, **15-20 minutes**.
- Remove tray from oven, then sprinkle veggies with **Parmesan cheese**. Roast until golden and crispy, a further **5-8 minutes**.

Little cooks: Under adult supervision, help sprinkle the cheese over the veggies. Be careful, the tray is hot!

3



Make the salad

- Thinly slice **apple**.
- In a large bowl, combine **apple**, **mixed salad leaves** and **mustard cider dressing**.

Little cooks: Show them how it's done and help toss the salad!

2



Bake the sausages

- Meanwhile, place **pork, garlic & herb sausages** on a second lined oven tray.
- Bake for **10 minutes**, then turn **sausages**.
- Return to oven to bake until browned and cooked through, a further **10-15 minutes**.

Custom Recipe: If you've doubled your sausages, spread over two lined oven trays if your tray is getting crowded.

4



Serve up

- Divide pork sausages, apple salad and Parmesan roast veggies between plates.
- Serve with **burger sauce**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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