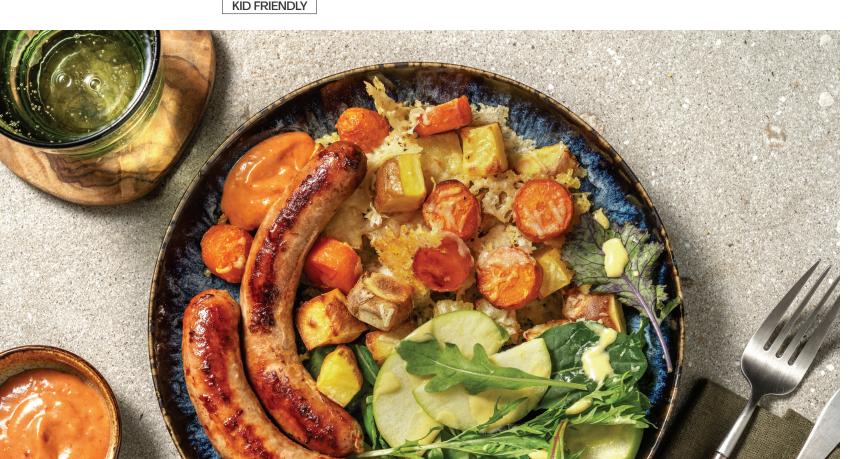


Pork Sausages & Cheesy Roast Veg with Apple Salad & Burger Sauce

KID FRIENDLY



Grab your Meal Kit with this symbol







Chopped Potato



Parmesan Cheese





Herb Sausages







Mustard Cider Dressing



Burger Sauce





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.

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 \cdot Large frying pan

Ingredients

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	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	2 medium packets OR 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 medium packet	2 medium packets		
pork, garlic & herb sausages**	1 medium packet	2 medium packets OR 1 large packet		
*Pantry Items **Custom Recipe Ingredient				

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3090kJ (738Cal)	574kJ (137Cal)
Protein (g)	29.8g	5.5g
Fat, total (g)	47.9g	8.9g
- saturated (g)	14.2g	2.6g
Carbohydrate (g)	45.5g	8.5g
- sugars (g)	14.2g	2.6g
Sodium (mg)	1055mg	196mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4531kJ (1082Cal)	659kJ (157Cal)
Protein (g)	49g	7.1g
Fat, total (g)	75.2g	10.9g
- saturated (g)	24.5g	3.6g
Carbohydrate (g)	51.7g	7.5g
- sugars (g)	15g	2.2g
Sodium (mg)	1542mg	224mg

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 aller

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 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 carrot and chopped potato 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!



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!



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 and bake until browned and cooked through, a further 10-15 minutes.

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



Serve up

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

