



# Pork Sausages & Parmesan Roast Veg

with Apple Salad & Burger Sauce

KID FRIENDLY

Grab your Meal Kit with this symbol



Carrot



Chopped Potato



Shaved 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
chopped potato	1 medium bag	1 large bag
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
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 medium packet	2 medium packets
pork, garlic & herb sausages**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3136kJ (750Cal)	547kJ (131Cal)
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)	4578kJ (1094Cal)	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://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



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## Roast the cheesy veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** into bite-sized chunks.
- Spread **carrot** and **chopped potatoes** 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 **shaved 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 oven trays if your trays are getting crowded.

4



## Serve up

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

## Rate your recipe

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