

Quick Pork Sausage & Cheesy Veggie Traybake

with Baby Spinach & Garlic Aioli

Grab your Meal Kit with this symbol



Sweet Potato



Nan's Special Seasoning



Baby Spinach Leaves



Carrot & Zucchini Mix




Pork, Garlic & Herb Sausages



Grated Parmesan Cheese



Garlic Aioli

Prep in: **10-20 mins**
Ready in: **30-40 mins**
 **Naturally Gluten-Free**
Not suitable for coeliacs

Sausages, bangers, snags - whatever you like to call them, these garlic and herb ones are heaven on a tray! We've baked them alongside plenty of sweet and earthy veggies, which are sprinkled with sharp Parmesan in the last five minutes to make them extra delicious; toss with baby spinach leaves for some green veggie action, and serve with our garlic aioli for creaminess.

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	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
pork, garlic & herb sausages	1 medium packet	1 large packet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
baby spinach leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3504kJ (837Cal)	577kJ (137Cal)
Protein (g)	30.3g	5g
Fat, total (g)	59.1g	9.7g
- saturated (g)	17.3g	2.8g
Carbohydrate (g)	45.4g	7.5g
- sugars (g)	19.5g	3.2g
Sodium (mg)	1351mg	222mg

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



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks.

3



Add the Parmesan cheese

- Remove both trays from the oven. Set **sausage** tray aside.
- Sprinkle **grated Parmesan cheese** over **veggies**. Return veggie tray to the oven and roast until cheese is golden and veggies are tender, **5 minutes**.
- When the **cheesy veggies** are ready, add **baby spinach leaves** and a drizzle of **white wine vinegar** to the tray. Toss to combine.

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

2



Roast the veggies & sausages

- 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 in a single layer.
- On a second lined oven tray, place **pork, garlic & herb sausages**.
- Roast both trays until the sweet potato is starting to brown, the veggies are almost tender and the sausages are cooked through, **20-22 minutes**.

Little cooks: Take the lead and help season and toss the veggies!

4



Serve up

- Divide cheesy veggies between plates. Top with pork sausages.
- Serve with a dollop of **garlic aioli**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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