



SAUSAGE & VEGGIE TRAY BAKE

with Sweet Onion & Thyme Gravy



Make a sweet onion and thyme gravy



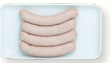
Potato



Zucchini



Red Capsicum



Classic Pork Sausages



Peeled & Chopped Pumpkin



Rosemary Panini



Garlic



Eschalot



Thyme



Caramelised Onion Chutney



Chicken Stock



Parsley



Baby Spinach Leaves

Hands-on: 25 mins
Ready in: 45mins

Sausages, bangers, snags - whatever you like to call them, these pork delights are heaven on a tray! We've teamed them with loads of baked veggies for goodness and a sweet onion and thyme gravy that lifts this dish to next-level tastiness. Gather the troops and get ready for a dinner that really sizzles!

Pantry Staples: Olive Oil, Plain Flour

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **medium frying pan**



1 PREP THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chunks. Cut the **zucchini** into 1cm half-moons. Slice the **red capsicum** into 1cm strips.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



2 BAKE THE SAUSAGES & VEGGIES

Arrange the **potato, zucchini, capsicum, peeled & chopped pumpkin** and **classic pork sausages** on two oven trays lined with baking paper. **Drizzle** with **olive oil** and add the **salt** and a **pinch of pepper**. Toss to coat, then arrange in a single layer and bake until the veggies are tender and the sausages are cooked through, **25-30 minutes**.



3 PREP THE GARLIC PANINI

While the tray bake is in the oven, cut or tear the **rosemary panini** into 2cm chunks. Finely chop the **garlic** (or use a garlic press). Place the panini and garlic in a medium bowl, **drizzle generously** with **olive oil** and season with **salt** and **pepper**. Thinly slice the **eschalot**. Pick the **thyme** leaves.



4 FINISH THE TRAY BAKE

When the sausages and veggies have been baking for 20 minutes, remove the trays and turn the **sausages**. Toss the **veggies** with a spatula. Scatter over the **garlic panini** and bake until the veggies are tender and the sausages are cooked through, **5-10 minutes**.

TIP: Leave the panini on top of the veggies so it crisps up!



5 MAKE THE GRAVY

While the bake is finishing, heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **eschalot** and **thyme** and cook, stirring, until softened and fragrant, **2-3 minutes**. Add the **plain flour** and stir to coat. Add the **water, caramelised onion chutney** and crumble in **1/2 a chicken stock cube**. Simmer until thickened, **2-3 minutes**. Roughly chop the **parsley**.



6 SERVE UP

Add the **baby spinach leaves** to the oven trays and toss to combine. Divide the sausage and veggie tray bake between plates and spoon over the sweet onion and thyme gravy. Sprinkle with the parsley.

TIP: For kids, see our serving suggestion in the main photo.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	3
zucchini	1
red capsicum	1
peeled & chopped pumpkin	1 packet (200 g)
classic pork sausages	1 packet
salt*	¼ tsp
rosemary panini	1
garlic	2 cloves
eschalot	2
thyme	1 bunch
plain flour*	1 tsp
water*	½ cup
caramelised onion chutney	1 tub (40 g)
chicken stock	½ cube
parsley	1 bag
baby spinach leaves	1 bag (120 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3190kJ (762Cal)	552kJ (132Cal)
Protein (g)	33.8g	5.9g
Fat, total (g)	46.3g	8.0g
- saturated (g)	18.4g	3.2g
Carbohydrate (g)	48.5g	8.4g
- sugars (g)	8.3g	1.4g
Sodium (g)	1690mg	293mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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