



Easy Beef Sausage Traybake

with Root Veggies, Greens & Mustard Mayo

Grab your Meal Kit with this symbol



Red Onion



Carrot



Beetroot



Peeled & Chopped Pumpkin



Aussie Spice Blend



Caramelised Onion & Parsley Beef Sausages



Spinach & Rocket Mix



Mustard Mayo

Hands-on: 5-10 mins
 Ready in: 30-40 mins
 Naturally Gluten-Free
Not suitable for coeliacs

We know you love a traybake, so here's a new one that will have you counting down to dinner. Bring the sweet roast root veggies together with sweet and peppery greens, top with the best beef sausages and dig in!

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
carrot	1	2
beetroot	1	2
peeled & chopped pumpkin	1 medium bag	1 large bag
Aussie spice blend	1 sachet	2 sachets
caramelised onion & parsley beef sausages	1 medium packet	1 large packet
spinach & rocket mix	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
mustard mayo	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3226kJ (771Cal)	466kJ (111Cal)
Protein (g)	28.7g	4.1g
Fat, total (g)	53g	7.7g
- saturated (g)	17.9g	2.6g
Carbohydrate (g)	41.4g	6g
- sugars (g)	31.1g	6g
Sodium (mg)	1529mg	221mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**. Chop **red onion** and **carrot** into bite-sized chunks. Chop **beetroot** into thin wedges.
- Place **veggies** and **peeled & chopped pumpkin** on a lined oven tray.
- Add **Aussie spice blend** and a drizzle of **olive oil**. Season with **salt** and **pepper**, then toss to coat.



Toss the veggies

- To the **roasted veggie** tray, add the **spinach & rocket mix** and a drizzle of **white wine vinegar**.
- Gently toss to combine. Season to taste.



Roast the sausages & veggies

- On a second lined oven tray, place the **caramelised onion & parsley beef sausages**.
- Roast the **veggies** and **sausages**. Turn **sausages** halfway through cooking, and roast until veggies are tender and sausages are browned and cooked through, **25-30 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Serve up

- Divide root veggies and greens between plates. Top with beef sausages.
- Serve with **mustard mayo**.

Enjoy!

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