

Easy Herbed Pork Sausages & Veggie Traybake with Mustard Mayo

Grab your Meal Kit
with this symbol



Red Onion



Carrot



Beetroot



Peeled & Chopped
Pumpkin



Aussie Spice
Blend





Pork, Garlic & Herb
Sausages



Spinach &
Rocket Mix



Mustard Mayo

 **Hands-on: 5-15 mins**
Ready in: 30-40 mins
 **Naturally Gluten-Free**
Not suitable for coeliacs

Sausages, bangers, snags - whatever you like to call them, these herby pork delights are heaven on a tray! We've teamed them with loads of baked veggies for goodness and a creamy mustard mayo that lifts this dish to next-level tastiness. Get ready for an easy dinner that really sizzles!

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 packet (400g)	1 packet (800g)
Aussie spice blend	1 sachet	2 sachets
pork, garlic & herb sausages	1 medium packet	1 large packet
spinach & rocket mix	1 bag (60g)	1 bag (120g)
white wine vinegar*	drizzle	drizzle
mustard mayo	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3125kJ (747Cal)	452kJ (108Cal)
Protein (g)	25.2g	3.6g
Fat, total (g)	51.7g	7.5g
- saturated (g)	14.2g	2.1g
Carbohydrate (g)	42g	6.1g
- sugars (g)	29.8g	6.1g
Sodium (mg)	1330mg	192mg

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://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



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 and toss to combine.

3



Toss the veggies

- Add **spinach & rocket mix** and a drizzle of **white wine vinegar** to the **roasted veggies**.
- Gently toss to combine. Season to taste.

2



Roast the sausages & veggies

- Place the **pork, garlic & herb sausages** on another lined oven tray.
- Roast the **veggies** and **sausages**, turning the **sausages** halfway, until the veggies are tender and the 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.

4



Serve up

- Divide pork sausages and veggie traybake between plates.
- Serve with **mustard mayo**.

Enjoy!