



Pork Sausages & Easy-Prep Cheesy Roast Veg

with Cherry Tomato Salad & Burger Sauce

KID FRIENDLY

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Chopped Potato



Shaved Parmesan Cheese



Pork, Garlic & Herb Sausages



Snacking Tomatoes



Mixed Salad Leaves



Mustard Cider Dressing



Burger Sauce



Pork, Garlic & Herb Sausages

Prep in: 5-15 mins
Ready in: 30-40 mins

Almost anything goes with our garlic and herb-laced pork snags - and tonight's sides are no exception. The cheesy roasted veggie chunks make a welcome addition to the dish, while the mustard cider-dressed cherry tomato 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
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 small bag	1 medium bag
chopped potato	1 medium bag	1 large bag
shaved Parmesan cheese	1 medium packet	1 large packet
pork, garlic & herb sausages	1 medium packet	1 large packet
snacking tomatoes	1 punnet	2 punnets
mixed salad leaves	1 medium bag	1 large bag
mustard cider dressing	1 packet	2 packets
burger sauce	1 medium packet	1 large packet
pork, garlic & herb sausages**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3159kJ (755Cal)	503kJ (120Cal)
Protein (g)	31.9g	5.1g
Fat, total (g)	48.6g	7.7g
- saturated (g)	14.4g	2.3g
Carbohydrate (g)	45.8g	7.3g
- sugars (g)	10.8g	1.7g
Sodium (mg)	1040mg	166mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4601kJ (1100Cal)	591kJ (141Cal)
Protein (g)	51.1g	6.6g
Fat, total (g)	75.9g	9.8g
- saturated (g)	24.6g	3.2g
Carbohydrate (g)	52g	6.7g
- sugars (g)	11.3g	1.5g
Sodium (mg)	1527mg	196mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the cheesy veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Place **peeled & chopped pumpkin** and **chopped potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until almost tender, **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: Help with sprinkling the cheese over the veggies! Be careful, the tray is hot!

3



Make the salad

- Halve **snacking tomatoes**.
- In a large bowl, combine **tomatoes**, **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 pork, garlic & herb sausages, spread over two trays if your tray is getting crowded.

4



Serve up

- Divide pork sausages, tomato salad and cheesy roast veggies between plates.
- Serve with **burger sauce**. Enjoy

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