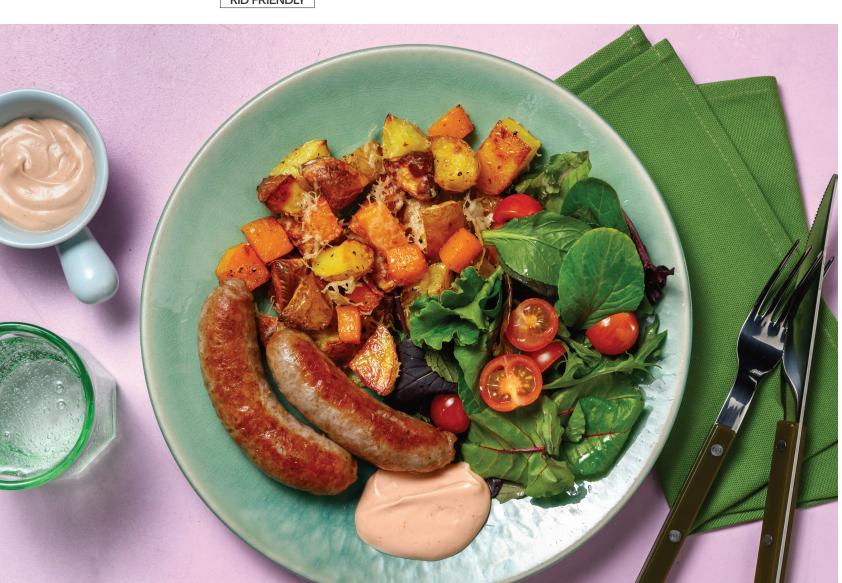


Pork Sausages & Easy-Prep Cheesy Roast Veg

with Cherry Tomato Salad & Burger Sauce

KID FRIENDLY



Grab your Meal Kit with this symbol







Pumpkin



Chopped Potato



Shaved Parmesan



Cheese

Pork, Garlic & Herb Sausages





Burger Sauce

Snacking Tomatoes



Mustard Cider



Dressing



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.

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

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	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.



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!



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!



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.



Serve up

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



