



Pork Sausages & Cheesy Sweet Potatoes

with Apple-Carrot Salad

Grab your Meal Kit with this symbol



Sweet Potato



All-American Spice Blend



Grated Parmesan Cheese



Pork, Garlic & Herb Sausages



Carrot



Apple



Lemon



Herbs



Mixed Leaves



Smokey Aioli

Hands-on: 20-30 mins
Ready in: 30-40 mins

Naturally Gluten-Free
Not suitable for coeliacs

Pork and apple are old mates from way back – and the sweet and savoury combo works just as well when the apple is part of a crisp, citrusy salad. Continue the theme with cheesy spiced sweet potato, and you have an all-star meal.

Pantry items

Olive Oil

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
All-American spice blend	½ medium sachet	1 medium sachet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
pork, garlic & herb sausages	1 medium packet	1 large packet
carrot	1	2
apple	1	2
lemon	½	1
herbs	1 bag	1 bag
mixed leaves	1 medium bag	1 large bag
smokey aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

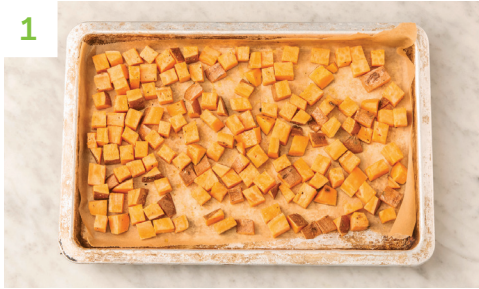
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3514kJ (839Cal)	582kJ (139Cal)
Protein (g)	30.3g	5g
Fat, total (g)	58.1g	9.6g
- saturated (g)	20.1g	3.3g
Carbohydrate (g)	46.4g	7.7g
- sugars (g)	18.8g	3.1g
Sodium (mg)	1245mg	206mg

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 sweet potato

Preheat oven to **240°C/220°C fan forced**. Cut **sweet potato** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, sprinkle with **All-American spice blend** (see ingredients) and a pinch of **salt** and **pepper**. Toss to coat, then spread out in a single layer. Roast until almost tender, **15-20 minutes**. Remove tray from oven. Sprinkle **grated Parmesan cheese** over **sweet potato**, then return to oven to roast until melted and golden, **5 minutes**.

TIP: If your oven tray is crowded, divide the sweet potatoes between two trays.



Make the salad dressing

In a large bowl, combine a good drizzle of **olive oil** and a good squeeze of **lemon juice**. Season to taste.



Cook the sausages

While sweet potato is baking, heat a drizzle of **olive oil** in a large frying pan over medium-high heat. Cook **pork, garlic & herb sausages**, turning occasionally, until browned all over, **5-6 minutes**. Transfer **sausages** to a second lined oven tray, then bake until cooked through, **12-15 minutes**.



Toss the salad

Just before serving, add the **mixed leaves**, **carrot** and **apple** to bowl with the **dressing**. Toss to coat.



Get prepped

While sausages are baking, grate **carrot**. Slice **apple** into thin wedges. Cut **lemon** into wedges. Finely chop **herbs**.



Serve up

Divide pork sausages, cheesy sweet potatoes and apple-carrot salad between plates. Dollop over the **smokey aioli** and sprinkle with chopped herbs to serve.

Enjoy!

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