



Easy Pork Sausage & Veggie Traybake

with Parmesan Potatoes

Grab your Meal Kit
with this symbol



Zucchini



Capsicum



Chopped Potato



Pork, Garlic and
Herb Sausages



Nan's Special
Seasoning



Grated Parmesan
Cheese



Baby Spinach
Leaves



Mayonnaise



Hands-on: **10-20 mins**

Ready in: **30-40 mins**



Naturally Gluten-Free

Not suitable for coeliacs

Sausages, bangers, snags - whatever you like to call them, these new garlic and herb delights are heaven on a tray! We've teamed them with loads of roasted veggies for goodness and creamy mayo that lifts this dish to next-level tastiness. Gather the troops and get ready for a 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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
capsicum	1	2
chopped potato	1 packet	2 packets
pork, garlic and herb sausages	1 medium packet	1 large packet
Nan's special seasoning	1 sachet	2 sachets
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
baby spinach leaves	1 bag (60g)	1 bag (120g)
white wine vinegar*	drizzle	drizzle
mayonnaise	1 packet (40g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3225kJ (771Cal)	476kJ (114Cal)
Protein (g)	31g	4.6g
Fat, total (g)	51.2g	7.6g
- saturated (g)	16.5g	2.4g
Carbohydrate (g)	43.1g	6.4g
- sugars (g)	11.1g	6.4g
Sodium (mg)	1196mg	176mg

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.

1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Thinly slice **zucchini** into rounds.
- Thinly slice **capsicum** into strips.

2



Roast the veggies & sausages

- Place chopped **potato**, a pinch of **salt** and **pepper** and a drizzle of **olive oil** on a lined oven tray. Toss to combine.
- On a second lined tray, place **zucchini** and **capsicum** and sprinkle with **Nan's special seasoning**. Drizzle with **olive oil** and toss to coat. Add **pork, garlic & herb sausages** to the same tray.
- Roast until veggies are tender, sausages are cooked through, and potatoes are starting to brown, **20-22 minutes**.

3



Add the Parmesan cheese

- Sprinkle **grated Parmesan cheese** over the browned potato and return to the oven to roast until golden and tender, **8-10 minutes**.
- Once the Parmesan potatoes are done, add the **roast veggies, baby spinach leaves** and a drizzle of **white wine vinegar** to the tray. Toss to combine.

4



Serve up

- Divide the pork sausage and veggie traybake with Parmesan potatoes between plates.
- Serve with the **mayonnaise**.

Enjoy!