



**Product Spotlight:  
Abhi's Bakery**

Abhi's products have reached cult status over the last 20 years and are available to purchase across Perth and from our Marketplace.



# Beef Sausage Coil

## with Dip and Kebabs

BBQ veggie skewers with a grass-fed beef sausage coil paired with crunchy grilled ciabatta bread from Abhi's Bakery.



30 minutes



4 servings



Beef

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	30g	58g

## FROM YOUR BOX

ZUCCHINI	1
RED ONION	1
GREEN CAPSICUM	1
CHERRY TOMATOES	1 packet (200g)
CIABATTA BREAD LOAF	1
BEEF SAUSAGE COIL	600g
GARLIC CLOVE	1
DIP	200g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried Italian herbs, wooden or metal skewers

## KEY UTENSILS

BBQ or griddle pan, frypan (optional)

## NOTES

You can thread skewers through the sausage coil before cooking; this will help when turning it.

**No gluten option** – ciabatta bread loaf is replaced with gluten-free bread.



### 1. PREPARE THE SKEWERS

Cut zucchini, onion and capsicum into evenly sized pieces. Toss with tomatoes, **2 tsp dried Italian herbs, oil, salt and pepper**. Thread evenly onto **skewers**.



### 2. TOAST THE BREAD

Heat the BBQ or griddle pan over medium-high heat. Slice ciabatta loaf in half horizontally. Rub cut half with **olive oil**. Grill on BBQ for 1-2 minutes each side until charred. Set aside and keep BBQ on heat.



### 3. COOK THE SKEWERS

Add vegetable skewers to BBQ and cook, turning, for 15-20 minutes or until cooked through.



### 4. COOK THE SAUSAGE

Coat sausage coil with **oil**. Add to a frypan over medium-high heat (or BBQ along with skewers if there is room) and cook for 6-8 minutes each side or until cooked through (see notes).



### 5. FINISH AND SERVE

Cut garlic clove in half. Rub cut side over toasted bread. Slice bread and serve with sausage coil, veggie skewers and dip.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

