



Product Spotlight: Basil

Fresh basil should be added to dishes for a short cooking time or at the very end to retain its lovely flavour.



Beef Chipolata Tray Bake

A no-fuss dinner that's full of flavour! Beef chipolatas with oven-baked balsamic vegetables finished with fresh basil and served with crunchy garlic ciabatta bread.



25 minutes



4 servings



Beef

Change the flavours!

Instead of dried oregano, you can use fresh thyme or rosemary on the tray bake. Add some crushed garlic or fennel seeds if you have some. You can also serve the tray bake with relish, mustard or chutney!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	35g	50g

FROM YOUR BOX

SHALLOTS	2
ZUCCHINI	1
YELLOW CAPSICUM	1
CHERRY TOMATOES	2 x 200g
BEEF CHIPOLATAS	600g
GARLIC CLOVE	1
CIABATTA LOAF	1
BASIL	1 packet

FROM YOUR PANTRY

olive oil, salt, pepper, balsamic vinegar, dried oregano

KEY UTENSILS

2 oven trays

NOTES

You can use dried thyme, rosemary, Italian herbs or chilli flakes if preferred. Fennel seeds also work well in the tray bake.

You can toast the bread on a griddle pan or frypan if preferred!

You can finish the tray bake with some grated parmesan or feta cheese if you have some!

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



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1. PREPARE THE VEGETABLES

Set oven to 220°C.

Wedge **shallots**. Slice **zucchini** (into crescents) and **capsicum**. Add to a lined oven tray with **tomatoes**.



4. TOAST THE BREAD

Slice **ciabatta** loaf and place on a second lined oven tray. Brush evenly with garlic oil and place in oven to toast for 5 minutes (see notes).



2. ROAST THE TRAY BAKE

Add **chipolatas** to tray along with **2 tbsp balsamic vinegar**, **1 tbsp olive oil**, **2 tsp dried oregano** (see notes), **salt and pepper**. Toss all together and bake for 20 minutes until cooked through.



5. FINISH AND SERVE

Garnish tray bake with **basil** leaves (see notes). Serve tableside with garlic bread.



3. MAKE THE GARLIC OIL

Combine crushed **garlic** clove with **1 tbsp balsamic vinegar**, **2 tbsp olive oil**, **salt and pepper**.

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