



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Onion

Did you know that in the Middle Ages onions were an acceptable form of currency. They were used to pay for rent, goods and services – and even given as gifts!!



## 3 Summer Sausage Feast with Caramelised Onions

Beef sausage coil, served with caramelised onions, potato wedges and coleslaw. Looks like an “Aussie” dinner to me!

 30 minutes

 2 servings

 Beef

19 November 2021

## Mix it up!

*Dice and boil the potatoes for a potato salad and toss the coleslaw with oil and vinegar. Perfect to take to the park for a picnic!*

## FROM YOUR BOX

POTATOES	3
SAUSAGE COIL	300g
BROWN ONION	1
RED APPLE	1
COLESLAW	1/2 bag (250g) *
NATURAL YOGHURT	1/3 tub *
TOMATO SAUCE	1 bottle (300ml)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, white wine vinegar, maple syrup

## KEY UTENSILS

large frypan, saucepan, oven tray

## NOTES

If you are cooking the sausage coil on the barbecue you can run 2 skewers through to help hold it together when it's time to turn over.

Add 1-2 tsp of your favourite curry powder to the coleslaw for an Indian twist.

**No beef option – beef sausage coil is replaced with chicken sausages.**



### 1. COOK THE POTATOES

Set oven to 220°C.

Cut potatoes into wedges and toss on a lined oven tray with **oil, salt and pepper**. Cook for 20-25 minutes until golden and crunchy.



### 2. COOK THE SAUSAGE

Heat a frypan (or the bbq) over medium-high heat. Rub sausage coil with **oil** and cook for 6-7 minutes each side or until cooked through (see notes).



### 3. CAMELISE THE ONIONS

Heat a saucepan over medium heat with **1 tbsp butter/oil**. Slice and add onion. Cook, stirring, for 5-6 minutes. Add **2 tsp vinegar** and **2 tsp maple syrup**. Cook for further 3-5 minutes until sticky. Season with **salt and pepper**.



### 4. TOSS THE COLESLAW

Dice apple and toss with coleslaw. Dress with 1/3 tub yoghurt (or to taste). Season to taste with **salt and pepper** (see notes).



### 5. FINISH AND SERVE

Place all components and tomato sauce onto a platter and take to the table for sharing.

**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**

