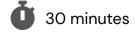




Curried Sausage Tray Bake

with Fresh Mint

Curried sausages, but not as you know them! A modern twist on a family classic with mild khorma curry paste from Island Curries, tray-baked veggies, fresh mint, green chilli and natural yoghurt.





2 servings



Switch it up!

Make cauliflower rice instead of roasting the florets! Add cauliflower to a blender and process to a fine texture. Sauté with oil and crushed garlic to warm.

TOTAL FAT CARBOHYDRATES

33g

42g

FROM YOUR BOX

CAULIFLOWER	1
RED ONION	1
CHERRY TOMATOES	200g
KHORMA PASTE	1 sachet
MINT	1 bunch (60g)
MINT GREEN CHILLI	1 bunch (60g)
GREEN CHILLI	1

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

oven tray

NOTES

You can divide the vegetables across 2 oven trays if necessary.



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Cut cauliflower into florets and wedge onion. Toss on a lined oven tray (see notes) along with cherry tomatoes, oil, 3/4 sachet khorma paste, salt and pepper. Roast for 10 minutes (see step 3).



4. FINISH AND SERVE

Top traybake with mint leaves and chilli slices. Serve traybake tableside with yoghurt.



2. PREPARE THE TOPPINGS

Pick mint leaves. Thinly slice chilli. Set aside with yoghurt.



3. ADD THE SAUSAGE

Add sausage coil to oven tray. Drizzle with oil and rub with remaining khorma paste. Return tray to the oven and roast for a further 15 minutes.



