



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Mint

Mint is frequently used in baked goods, chocolates and chewing gums, as well as various lotions, perfumes and shampoos!



G4

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.



30 minutes



4 servings



Beef

30 September 2022

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.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	27g	18g	27g

FROM YOUR BOX

CAULIFLOWER	1
RED ONION	1
CHERRY TOMATOES	2 x 200g
KHORMA PASTE	1 sachet
MINT	1 bunch (60g)
GREEN CHILLI	1
NATURAL YOGHURT	1 tub
SAUSAGE COIL	600g

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. 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.

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**

