




Product Spotlight: Baby Spinach


You can do so many things with leftover spinach! Blend into smoothies, pancake batter or pestos to sneak in some extra nutrition!



Cumberland Sausage Tray Bake

One tray, zero fuss – just pop it in the oven and enjoy the comfort of roasted baby potatoes, carrots, and apple with fragrant sage and hearty Cumberland sausages, all tossed with fresh baby spinach and a zesty mustard sauce.

 45 minutes

 2 servings

 Pork

Switch it up!

Switch up the sauce for this dish. You can serve it with caramelised onions, traditional gravy, lemon herb yogurt sauce or drizzle over some basil pesto.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	32g	60g

FROM YOUR BOX

CARROTS	2
BABY POTATOES	500g
SHALLOT	1
RED APPLE	1
SAGE	1 packet
DIJON MUSTARD	1 jar
PORK CUMBERLAND SAUSAGES	300g
BABY SPINACH	60g

FROM YOUR PANTRY

oil for cooking, salt, pepper, cornflour, apple cider vinegar

KEY UTENSILS

oven tray

NOTES

If the vegetables are cramped on the oven tray, you will need to allow extra time for them to cook. Alternatively, spread veggies across two smaller oven trays.



1. PREPARE THE VEGETABLES

Set oven to 220°C.

Cut **carrots** into angular pieces, halve **potatoes**, wedge **shallot** and **apple**. Toss on a lined oven tray with **oil**, roughly torn **sage leaves**, **salt and pepper**. Bake for 20 minutes (see step 3).



2. PREPARE THE SAUCE

Add **mustard** to a bowl along with **1 tsp cornflour**, **1 1/2 tbsp vinegar**, **1/3 cup water**, **salt and pepper**. Whisk to combine.



3. ADD SAUSAGES & BAKE

Add **sausages** to oven dish, nestling them into the vegetables. Drizzle with a little **oil**. Bake for 10-15 minutes until potatoes are tender and sausages are cooked through.



4. ADD SAUCE AND SPINACH

Pour **sauce** into oven tray. And add **spinach**. Gently toss to distribute sauce and spinach amongst roasted veggies.



5. FINISH AND SERVE

Serve oven dish tableside for everyone to serve themselves.



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