

**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
	29g	42g	58g

## FROM YOUR BOX

CARROTS	2
BABY POTATOES	500g
SHALLOT	1
RED APPLE	1
SAGE	1 packet
BAVARIAN 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).



### 4. ADD SAUCE AND SPINACH

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



### 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.



### 5. FINISH AND SERVE

Serve oven dish tableside for everyone to serve themselves.



### 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.



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