





# Product Spotlight: Natural Yoghurt

Natural yoghurt contains good bacteria, known as "probiotics", which can aid digestion and support a healthy digestive tract!

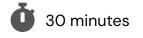


# Spice it up!

Toss the sausage and vegetable pieces with a dried herb or spice before baking for extra flavour! You can substitute the curry powder with a curry paste (of choice) or a fresh herb instead.

# Kransky Sausage Skewers

Colourful skewers with veggies and pork sausage, served with crispy squashed baby potatoes and curry yoghurt dipping sauce.





2 servings



Pork

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES
22g 48g 82g

#### FROM YOUR BOX

BABY POTATOES	500g
KRANSKY SAUSAGE	1 packet
ZUCCHINI	1
RED ONION	1
GREEN CAPSICUM	1
NATURAL YOGHURT	1 tub

#### FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder or paste, skewers

#### **KEY UTENSILS**

saucepan, 2 oven trays

#### **NOTES**

Halve any larger potatoes to speed up the cook time.

If you don't have skewers you can roast the sausages and veggies as a tray bake instead!

Add 1 tbsp mayonnaise to the sauce for a sweeter, child-friendly flavour. You can use smoked paprika or a dried herb instead of curry powder if preferred.





#### 1. BOIL THE POTATOES

Set oven to 250°C.

Place potatoes into a saucepan and cover with water (see notes). Bring to a boil and simmer for 15 minutes or until tender. Drain (see step 4).



#### 2. PREPARE THE SKEWERS

Cut sausage, zucchini, onion and capsicum into even-sized pieces. Toss with **oil, salt and pepper**.



#### 3. BAKE THE SKEWERS

Thread sausage and vegetables onto **skewers** (see notes). Place on a lined oven tray and bake for 10 minutes.



### **4. SQUASH THE POTATOES**

Place drained potatoes on a lined oven tray. Flatten using the base of a mug or masher, drizzle with 1/2 tbsp oil and season with salt and pepper. Roast for 10 minutes or until golden and crispy.



## **5. MAKE THE DIPPING SAUCE**

Stir 1-2 tsp curry powder or paste through the yoghurt until combined (see notes). Season with salt.



#### 6. FINISH AND SERVE

Serve squashed potatoes with skewers and curry dipping sauce.

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



