



Product Spotlight: Natural Yoghurt

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



Kransky Sausage Skewers

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



30 minutes



2 servings



Pork

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.

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.



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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).



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.



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.



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**

