




### Product Spotlight: Apple


“An apple a day keeps the doctor away” is widely known nutrition advice! Apples help to control insulin levels by releasing sugar slowly into the bloodstream. They are also packed with vitamins C & A to help battle the cold & flu!



## 14 Veggie Sausages with Wedges and Coleslaw

Coleslaw tossed with plant-based mayonnaise, crunchy cucumber, and veggie sausages make a simple, quick and tasty weeknight dinner.

 25 minutes

 4 servings

 Plant-Based

5 August 2022

## Sausage sizzle!

*Grab some buns and head to the park for a sausage sizzle. Pre-make the coleslaw and cook the sausages on the barbecue.*

Per serve: **PROTEIN** 14g **TOTAL FAT** 45g **CARBOHYDRATES** 9g

## FROM YOUR BOX

BABY POTATOES	800g
PARSNIPS	2
VEGGIE SAUSAGES	1 packet
RED APPLES	2
COLESLAW	1 packet (450g)
KABULI CRUNCHY CHICKPEAS	1 tub (100g)
PLANT-BASED MAYONNAISE	1 jar
LEBANESE CUCUMBER	2

## FROM YOUR PANTRY

oil for cooking, salt, pepper, dried thyme

## KEY UTENSILS

frypan, oven tray

## NOTES

Keep the sausages separated from each other when cooking, as the skins will stick together.

Add some sweet chilli sauce or your favourite chilli sauce to the mayonnaise for dipping.



### 1. ROAST THE WEDGES

Set oven to 220°C.

Cut potatoes and parsnips into wedges. Toss on a lined oven tray with **1 tsp thyme, oil, salt and pepper**. Cook for 20 minutes until golden.



### 2. COOK THE SAUSAGES

Heat a frypan over medium-high heat with **oil**. Add sausages (see notes) and cook, turning occasionally for 5-8 minutes until browned and warmed through.



### 3. MAKE THE COLESLAW

Dice apples and add to a large bowl with coleslaw, chickpeas, 3 tbsp mayonnaise, **salt and pepper**.

Roughly chop the cucumber.



### 4. FINISH AND SERVE

Serve wedges, cucumber, coleslaw and sausages onto plates. Add remaining mayonnaise on the side for dipping (see notes).

**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](mailto:hello@dinnertwist.com.au)

