



### Product Spotlight: Garlic

Garlic is rich in sulphur which has been shown to provide health benefits in a wide variety of body systems. This includes our immune, cardiovascular, and digestive systems!



K2

## Plant-Based Sausages with One Tray Vegetables and Pizza Bianca

A lovely Italian themed share plate. Pizza Bianca with roasted tray baked vegetables and vegan sausages.

 30 minutes

 2 servings

 Plant-Based

11 March 2022

## Mix it up!

*Make a ratatouille to have with the sausages instead of roasting if you prefer. Dice the vegetables and cook in a deep frypan with the Italian herbs, garlic, parsley and a little stock.*

Per serve: **PROTEIN** 15g **TOTAL FAT** 39g **CARBOHYDRATES** 140g

## FROM YOUR BOX

SHALLOT	1
TOMATO	1
RED CAPSICUM	1
ZUCCHINI	1
VEGAN SAUSAGES	1 packet
GARLIC CLOVE	1
PARSLEY	1 bunch
GF PIZZA BASE	1

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried Italian herbs, balsamic vinegar

## KEY UTENSILS

2 x oven trays, frypan

## NOTES

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



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge shallot and tomato. Slice capsicum and zucchini. Toss on a lined oven tray with **2 tbsp oil, 1 tbsp vinegar, 2 tsp Italian herbs, salt and pepper**. Roast for 20–25 minutes until tender and cooked through.



### 4. SEASON THE VEGETABLES

Transfer roasted vegetables into a serving bowl. Dress with **1 tbsp olive oil, 1/2 tbsp balsamic vinegar, salt and pepper**. Stir through 1 tbsp chopped parsley.



### 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.



### 5. FINISH AND SERVE

Slice sausages.

Cut pizza into wedges and take to the table with sausages and vegetables for sharing.



### 3. COOK THE PIZZA

Crush garlic and chop parsley to yield 1 tbsp. Mix together with **1 tbsp olive oil, salt and pepper**. Use a fork to dock base and place on a second lined oven tray. Spread oil over pizza base, and place in the oven for 5–10 minutes, until golden and crispy around the edges.

**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**

