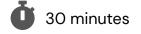




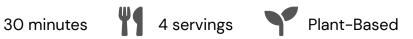
Plant-Based Sausages

with One Tray Vegetables and Pizza Bianca

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







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.

FROM YOUR BOX

RED ONION	1
TOMATOES	3
RED CAPSICUM	1
ZUCCHINIS	2
VEGAN SAUSAGES	1 packet
GARLIC CLOVE	2
PARSLEY	1 bunch
GF PIZZA BASES	2

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 onion and tomatoes. Slice capsicum and zucchinis. Toss on a lined oven tray with 3 tbsp oil, 2 tbsp vinegar, 3 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.



3. COOK THE PIZZAS

Crush garlic and chop parsley to yield 2 tbsp. Mix together with **2 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.



5. FINISH AND SERVE

Slice sausages.

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



