




Product Spotlight: Potatoes


Did you know? Potatoes have 40% less carbohydrates than pasta, 60% more vitamin C than blueberries and 80% more potassium than bananas!



4 Veggie Sausages with Spicy Home-Made Capsicum Dip

Veggie sausages served with oregano roasted vegetables, fresh salsa and a spicy home-made capsicum dip.

 30 minutes

 2 servings

 Plant-Based

5 November 2021

Switch it up!

You can turn your capsicum dip into ajvar by adding a roasted eggplant. Or romesco sauce by adding some roasted almonds and sun-dried tomatoes.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	36g	77g

FROM YOUR BOX

POTATOES	2
BUTTERNUT PUMPKIN	1/2 *
ROASTED PEPPERS	1/2 jar *
VEGGIE SAUSAGES	1 packet
SHALLOT	1/2 *
LEBANESE CUCUMBER	1
CHERRY TOMATOES	1/2 bag (100g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, balsamic vinegar, chilli flakes, dried oregano

KEY UTENSILS

frypan, oven tray, stick mixer (or small blender)

NOTES

If you like heat, add an extra tsp of chilli flakes to the dip.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice potatoes and pumpkin. Toss on a lined oven tray with **oil 2 tsp oregano, salt and pepper**. Roast for 20 minutes until golden and tender.



2. MAKE CAPSICUM DIP

Using a stick mixer, blend together roasted peppers, **1 tbsp olive oil, 2 tsp vinegar, 2 tsp water, 1 tsp chilli flakes** (see notes), **salt and pepper** to a smooth consistency.



3. COOK THE SAUSAGES

Heat a frypan over medium-high heat with **oil**. Add sausages and cook for 6-8 minutes, turning, until warmed through.



4. MAKE THE SALSA

Dice the shallot and cucumber. Quarter cherry tomatoes. Toss in a bowl with **2 tsp olive oil, 1 tsp vinegar, salt and pepper**.



5. FINISH AND SERVE

Divide roast vegetables, salsa and sausages among plates. Serve with capsicum dip.

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**

