



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Oregano


Greek mythology says oregano was created by the goddess Aphrodite. It is high in antioxidants due to a high content of phenolic acids & flavonoids.



1 Sausage Sizzle with Crispy Roast Potatoes

Vegan 'cheezy' kale sausages served with crispy roast potatoes and Mediterranean cannellini bean salad.

 30 mins

 2 servings

 Plant-Based

2 July 2021

Make a mash!

Instead of roasting your potatoes you could boil them and make a mash, turning this dish into 'bangers and mash'.

Per serve: **PROTEIN** 19g **TOTAL FAT** 11g **CARBOHYDRATES** 70g

FROM YOUR BOX

POTATOES	400g
CHERRY TOMATOES	1/2 bag (100g) *
CANNELLINI BEANS	400g
MESCLUN LEAVES	1/2 bag (60g) *
BABY CAPERS	100g
CHEEZEY KALE SAUSAGES	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried oregano, balsamic vinegar

KEY UTENSILS

large frypan, oven tray

NOTES

Keep the sausages separate when browning otherwise the skins will stick together.



1. ROAST THE POTATOES

Set oven to 220°C. Thinly slice the potatoes. Toss on a lined oven tray with **oil**, **1 tsp oregano**, **salt and pepper**. Roast for 15–20 minutes until golden brown.



2. PREPARE THE SALAD

Halve the cherry tomatoes, drain and rinse cannellini beans, add to a large bowl with mesclun leaves. Toss through **1 tsp balsamic vinegar** and **1 tbsp olive oil**, season with **salt and pepper**.



3. CRISP THE CAPERS

Heat a large frypan over medium–high heat with **oil**. Drain the capers and add to the pan and cook for 3–5 minutes until crispy. Remove to a plate with paper towel.



4. COOK THE SAUSAGES

Reheat frypan over medium–high heat with **oil**. Add the sausages to the pan (see notes) and cook, turning, for 5–8 minutes until browned and warmed through.



5. FINISH AND PLATE

Evenly divide salad among plates with roasted potatoes, crispy capers and sausages.

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**

