



Product Spotlight: Potatoes

Potatoes are low in sodium and rich in potassium & are also relatively low in calories! The skin contains fibre and many of the nutrients - so keep it on!



1 Veggie Sausages with Marinated Potato Salad

Tender boiled potatoes with balsamic marinated tomatoes, sweet red onion, parsley and artichokes served alongside veggie sausages with creamy sweet chilli mayo.

 25 minutes

 2 servings

 Plant-Based

14 December 2020

Cook me again!

You can make this potato salad again for a BBQ or side dish at your next family dinner! It works well with some sliced olives or capers.

Per serve: **PROTEIN** 14g **TOTAL FAT** 54g **CARBOHYDRATES** 79g

FROM YOUR BOX

POTATOES	400g
TOMATOES	2
RED ONION	1/4 *
PARSLEY	1/2 bunch *
ARTICHOKES	1 tub
SUGAR SNAP PEAS	1/2 bag (75g) *
VEGGIE SAUSAGES	1 packet
SWEET CHILLI MAYONNAISE	1/2 jar *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

frypan, saucepan

NOTES

Cut larger potatoes in eights if needed.

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



1. COOK THE POTATOES

Quarter potatoes and place into a saucepan (see notes). Cover with water. Bring to the boil and simmer for 12–15 minutes or until tender. Drain and rinse.



2. MARINATE TOMATOES

Whisk together **1 1/2 tbsp balsamic vinegar**, **1 1/2 tbsp olive oil**, **salt and pepper**. Chop tomatoes and thinly slice onion. Toss into dressing to coat.



3. TOSS THE SALAD

Roughly chop parsley and drained artichokes. Trim and slice sugar snap peas. Toss through tomatoes along with cooked potatoes.



4. COOK THE SAUSAGES

Heat a frypan over medium–high heat with **oil**. Add sausages to pan (see notes). Cook for 4–5 minutes, turning, until browned and crispy.



5. FINISH AND PLATE

Serve sausages at the table with potato salad and sweet chilli mayonnaise for dipping.

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**

