

**Product Spotlight:
Pistachios**

The pistachio nut is also known as the 'happy' nut because of its bright green colour, and they are a good source of protein and healthy fats!



Spiced Sausage with Roast Cauliflower Salad

Smoky cauliflower florets roasted in the oven with sweet red onion, tossed with a fresh lemon-dressed salad and topped with spiced sausage and pistachios.



30 minutes



2 servings



Pork

BBQ it!

If the weather permits, you can BBQ the cauliflower, onion and sausage for a lovely charred flavour!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	28g	32g	23g

FROM YOUR BOX

RED ONION	1
CAULIFLOWER	1/2
LEMON	1
CHERRY TOMATOES	200g
PARSLEY	1 packet
BABY SPINACH	60g
PISTACHIOS	1 packet
CHORIZO	200g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, dried oregano, maple syrup

KEY UTENSILS

large frypan, oven tray

NOTES

For a different flavour, you can use sumac or cumin seeds on the cauliflower instead of smoked paprika.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Slice **red onion** and cut **cauliflower** into small florets. Toss on a lined oven tray with **1/2 tbsp smoked paprika**, **1/2 tsp oregano**, **oil**, **salt** and **pepper** (see notes). Roast for 20–25 minutes until cooked through.



4. TOAST THE NUTS

Roughly chop **pistachios** and add to a dry frypan over medium–high heat. Toast for 5 minutes until golden. Remove and set aside. Keep pan on heat.



2. PREPARE THE DRESSING

Whisk together **zest and juice of 1/2 lemon** with **1 tbsp maple syrup**, **2 tbsp olive oil**, **salt** and **pepper**. Set aside



5. COOK THE SAUSAGE

Add **oil** to pan. Thickly slice **chorizo** and add to pan. Add **remaining 1/2 lemon**, cut side down. Cook for 3–5 minutes until **chorizo** is crispy on each side, and **lemon** is charred.



3. PREPARE THE SALAD

Halve **tomatoes** and chop **parsley**. Add to a large bowl with **spinach**.



6. FINISH AND SERVE

Toss **roasted vegetables** with **salad** and **dressing**. Arrange salad on a serving plate and top with **chorizo**. Sprinkle over **pistachios** and squeeze **grilled lemon** to serve.



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