



### 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.

### BBQ it!

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



30 minutes



4/6 servings



Pork



Beef

|             |                |                  |                      |
|-------------|----------------|------------------|----------------------|
| Per serve   | <b>PROTEIN</b> | <b>TOTAL FAT</b> | <b>CARBOHYDRATES</b> |
|             | 30g            | 30g              | 24g                  |
| 4/6 Person: |                |                  |                      |

## FROM YOUR BOX

|                 | 4 PERSON | 6 PERSON  |
|-----------------|----------|-----------|
| RED ONION       | 1        | 1         |
| CAULIFLOWER     | 1        | 1         |
| LEMON           | 1        | 2         |
| CHERRY TOMATOES | 200g     | 2 x 200g  |
| PARSLEY         | 1 packet | 2 packets |
| BABY SPINACH    | 120g     | 200g      |
| PISTACHIOS      | 1 packet | 2 packets |
| SMOKED SAUSAGES | 1 packet | 2 packets |

## 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 tbsp smoked paprika, 1 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

**6P – Whisk together zest and juice of 1 lemon with 2 tbsp maple syrup, 4 tbsp olive oil, salt and pepper. Set aside.**



## 5. COOK THE SAUSAGE

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

**6P – Have and cook 1 lemon**



## 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 on a serving plate and top with **sausages**. Sprinkle over **pistachios** and squeeze **grilled lemon** to serve.



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