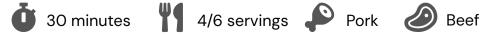




## **Spiced Sausage**

## 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!



#### 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.



#### 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.



#### 3. PREPARE THE SALAD

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



#### 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.



### **5. COOK THE SAUSAGE**

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

6P - Have and cook 1 lemon



#### 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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