



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

 4 servings

 Pork

 Beef

BBQ it!

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

Per serve: **PROTEIN** 21g **TOTAL FAT** 37g **CARBOHYDRATES** 24g

FROM YOUR BOX

RED ONION	1
CAULIFLOWER	1
LEMON	1
CHERRY TOMATOES	1 packet (200g)
PARSLEY	1 packet
BABY SPINACH	1 bag (120g)
PISTACHIOS	1 packet
SMOKED SAUSAGES	1 packet

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 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



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, cut side down. Cook for 3–5 minutes until sausages are crispy on each side, and lemon is charred.



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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