

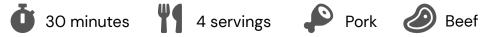




Spiced Sausage

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

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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