



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



**e-Recipe only**

Create your way by  
using your favourite  
pantry items from  
home.



# Beef Chipolata and Chickpea Bake

Beef chipolata sausages with roast vegetables, chickpeas and baby spinach.



35 minutes



4 servings



Beef

## FROM YOUR BOX

BUTTERNUT PUMPKIN	1
SHALLOTS	2
TOMATO	1
TINNED CHICKPEAS	400g
BEEF CHIPOLATAS	600g
BABY SPINACH	120g

## FROM YOUR PANTRY

olive oil, salt and pepper

## NOTES

You can serve this dish with some crusty bread for mopping up the extra sauce in the tray!

## 1. BAKE THE VEGETABLES

Set oven to 220°C.

Dice pumpkin (2cm), wedge shallots and tomato. Add to a lined oven dish with drained chickpeas. Toss together with seasoning of choice (see tip) **olive oil, salt and pepper**. Roast in oven for 10 minutes.

### TIP

*You can use a spice of choice or a pre-made marinade/curry paste such as harissa, chermoula or pesto. We used 1 1/2 tbsp smoked paprika and 2 tbsp balsamic vinegar.*

*Add some crushed garlic or extra vegetables like zucchini and capsicum if you want to make more serves!*

## 2. ADD THE CHIPOLATAS

Take oven dish out. Coat beef chipolatas with **oil** and place on top of vegetables. Return to oven and roast for a further 20 minutes until vegetables and chipolatas are cooked through.

## 3. TOSS THE SPINACH

Toss spinach through vegetables until well combined.

## 4. FINISH AND SERVE

Serve chipolata and chickpea bake at the table.

### TIP

*Crumble some feta cheese on top or sprinkle with dukkah to finish!*