



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Baby Spinach


Baby spinach is regular spinach that has been harvested early. It is low in calories and fat-free, yet loaded with nutrients including vitamin A, K and folate!



1 Chipolata Sausages with Bruschetta Dip

Quick & easy mid-week meal of oven grilled beef sausages and golden potato wedges served with a fresh basil salad and bruschetta dip.

 25 minutes

 2 servings



 Beef

15 March 2021

Leftover bread?

Do you have any leftover bread from the Greek chicken dish this week? Tear or slice into bite-size pieces, toss with oil and a crushed garlic clove then toast in oven or dry pan until golden. The croutons are delicious with the bruschetta dip!

FROM YOUR BOX

BABY POTATOES	400g
BEEF CHIPOLATA SAUSAGES 	300g
CHERRY TOMATOES	1 packet (200g)
YELLOW CAPSICUM	1/2 *
BASIL	1 packet
BABY SPINACH & ROCKET	1/2 bag (30g) *
BRUSCHETTA DIP	1 tub
 VEGGIE SAUSAGES	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, vinegar of choice


KEY UTENSILS

oven tray

NOTES

Cook sausages on the barbecue if preferred!


No beef option – beef sausages are replaced with 1 packet chicken sausages. Increase cooking time if needed to ensure the sausages are cooked through.

 **VEG OPTION** – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.



1. ROAST POTATOES & CHIPOLATA

Set oven to 220°C. Quarter potatoes and place on a lined oven tray with chipolata sausages. Toss with **oil, salt and pepper**. Roast for 20 minutes or until golden and cooked through. Turn sausages halfway.

 **VEG OPTION** – Roast potatoes as above. Cook veggie sausages in a frypan with oil for 6–8 minutes or until warmed through. Make sure the veggie sausages don't touch each other in the pan as the skins will stick together.



2. PREPARE THE SALAD

Halve or quarter tomatoes and dice capsicum. Slice basil leaves. Toss with spinach and rocket in a bowl. Dress with **olive oil and vinegar**.



3. FINISH AND SERVE

Serve chipolatas with golden potato wedges, salad and bruschetta dip.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

