



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Brussels sprouts

The vegetable many people love to hate! Brussels sprouts are packed with nutrients with 1 cup giving you the daily requirement of both vitamins C and K.



3 Bangers & Mash

Classic comfort food with grass-finished beef sausages roasted in the oven with carrots, Brussels sprouts and apples. Served with a creamy mash and mustard gravy.

 25 minutes

 2 servings



 Beef

17 September 2021

Make it Fresh!

Don't feel like cooked veggies? You can finely slice the Brussels sprouts, cut the apple and carrots into matchsticks and toss all together with a creamy dressing to make a coleslaw.

FROM YOUR BOX

DUTCH CARROTS	2/3 bunch *
BRUSSELS SPROUTS	1 bag (150g)
RED APPLE	1
BEEF SAUSAGES 	300g
DICED POTATO & PARSNIP	1 bag (400g)
BROWN ONION	1
SEEDED MUSTARD	1 jar
 VEGGIE SAUSAGES	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, flour (of choice), soy sauce


KEY UTENSILS

frypan, saucepan, kettle, oven tray

NOTES

Cook sausages on the barbecue (weather permitting!) or in the frypan with gravy of you prefer.

No beef option – beef sausages are replaced with chicken sausages.


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

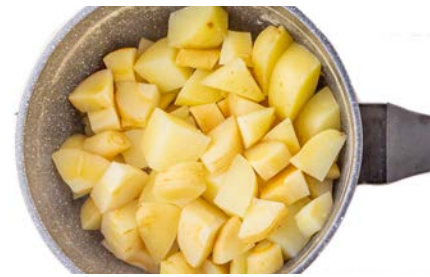


1. ROAST THE VEGETABLES

Set oven to 220°C and boil the kettle.

Trim dutch carrots, quarter Brussels sprouts and wedge apple. Arrange on a lined oven tray with sausages. Drizzle with **oil** and season with **salt and pepper**. Roast for 15–20 minutes, until cooked through.

 **VEG OPTION** – Prepare and roast vegetables as above. Coat veggie sausages with oil and bake on a second lined oven tray for 10 minutes.



2. BOIL POTATOES & PARSNIPS

Place potato and parsnip mix in a saucepan and cover with hot water from the kettle. Simmer for 10 minutes or until tender. See step 4.



3. SAUTÉ THE ONION

Heat a frypan with **2 tbsp oil** over medium-high heat. Slice onion, add to pan and cook for 10 minutes (see step 5).



4. MAKE THE MASH

Meanwhile, drain potatoes and parsnips. Return to saucepan and mash with **1 tbsp butter** to desired consistency. Season with **salt and pepper** to taste.




5. FINISH THE GRAVY

Stir mustard, **1/2 tbsp flour** and **1/2 tbsp soy sauce** into cooked onion. Add **3/4 cup water** and simmer for 5 minutes until thickened. Season with **pepper**.



6. FINISH AND SERVE

Serve sausages with mash, gravy and roasted vegetables.

 **VEG OPTION** – Serve veggie sausages with mash, gravy and roasted vegetables.

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

