

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS




**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

 4 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	800g
BEEF CHIPOLATA SAUSAGES 	600g
CHERRY TOMATOES	1 packet (200g)
YELLOW CAPSICUM	1/2 *
AVOCADO	1
BASIL	1 packet
BABY SPINACH	1 bag (60g)
BRUSCHETTA DIP	1 tub
 VEGGIE SAUSAGES	2 packets

*Ingredient also used in another recipe

FROM YOUR PANTRY


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

KEY UTENSILS

oven tray x 2 (or barbecue)

NOTES

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 THE POTATOES

Set oven to 250°C. Quarter potatoes and toss on a lined tray with **oil, salt and pepper**. Roast for 20 minutes or until golden and cooked through.



2. ROAST THE SAUSAGES

Place sausages on a second tray. Toss with **oil** and cook in the oven (or on the barbecue!) for 8 minutes. Turn over and cook for further 8-10 minutes or until cooked through.

 VEG OPTION - 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.



3. PREPARE THE SALAD

Halve or quarter tomatoes, dice capsicum and avocado. Slice basil leaves and spinach (or leave whole) and toss everything together in a bowl. Dress with **olive oil and vinegar**.



4. 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**

