



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Dutch Carrots


Carrot top leaves are also edible! They taste similar to parsley in flavour and can be eaten raw in salads, or sautéed in a little olive oil.



2 Beef Sausage Coil with Autumn Traybake

Herb and garlic beef sausage made into a coil – served with a colourful Autumn traybake and a roasted garlic and sage vinaigrette.

 25 minutes

 4 servings



 Beef

14 May 2021

Cooking for kids

If the kids are not fans of roasted veggies you can leave the carrots fresh or steamed instead! Serve with some bread or add in some wedged potatoes if they prefer.

FROM YOUR BOX

DUTCH CARROTS	1 bunch
PURPLE CARROTS	2
PARSNIPS	2
RED APPLES	2
RED ONION	1
GARLIC	1 bulb
SAGE	1 packet
SAUSAGE COIL 	600g
FETA CHEESE	1/2 tub *
 FALAFEL BITES	2 packets

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil + oil for cooking, salt, pepper, vinegar (of choice), mustard (dijon or other), honey


KEY UTENSILS

oven tray, large frypan

NOTES

The sausage coil cooks well in the oven or on the barbecue too!

No beef option – beef sausage coil is 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. Trim dutch carrots and halve any larger ones. Cut purple carrots and parsnips into sticks, wedge red apples and onion. Halve garlic bulb (reserve 1 clove for recipe 1) and toss it all on a lined oven tray with **oil, salt, pepper** and 1/2 packet sage. Roast for 15–20 minutes.



4. FINISH AND SERVE


Remove the traybake from the oven and scatter crumbled feta cheese over the top. Peel and chop 2 roasted garlic cloves and add to vinaigrette. Serve sausage coil with veggie traybake and vinaigrette.

 **VEG OPTION** – Prepare as above, serving falafel bites with veggie traybake and vinaigrette.



2. COOK THE SAUSAGE

Heat a frypan with **oil** over medium heat. Add sausage coil and cook for 12–14 minutes, turning occasionally until cooked through (see notes).

 **VEG OPTION** – Place falafels on a separate oven tray. Roast for 10 minutes or until lightly golden.



3. MAKE THE VINAIGRETTE

Combine **1/3 cup olive oil, 1 tbsp vinegar, 2 tsp mustard, 1 tsp honey, salt and pepper** in a bowl. Chop and add remaining sage leaves.

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

