

SEE  
NOTES FOR  
VEGETARIAN  
INSTRUCTIONS



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Green Beans

Green beans are full of cholesterol-lowering soluble fibre as well as vitamins and minerals for healthy eyes and bones!



## 2 Sausage Tray Bake with Croutons & Dip

Tuscan style sausage tray bake (all in one!) with delicious wholemeal bread croutons, blistered cherry tomatoes and bruschetta dip!

 20 minutes

 4 servings

 Beef



23 November 2020

### Garlic Croutons!

*If you love garlic (like we do!)... add 1 crushed garlic clove to oil when tossing with bread to turn them into garlic croutons.*



## FROM YOUR BOX

BEEF SAUSAGES (GF) 	600g
RED ONION	1
CHERRY TOMATOES	1 packet (400g)
ROSEMARY SPRIG	1
WHOLEMEAL BREAD ROLLS	2-pack
GREEN BEANS	1 packet (250g)
MESCLUN LEAVES	1/2 bag (100g) *
DIP	1 tub
 PUMPKIN BURGERS	2 packets

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

olive oil, salt, pepper, vinegar (of choice, optional)

## KEY UTENSILS


oven tray

## NOTES

To quickly remove rosemary leaves – place your fingers at the top of the stem and firmly slide the leaves down.

**No beef option** – beef sausages are replaced with 1 packet chicken sausages.

**No gluten option** – bread is replaced with GF bread.


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



### 1. PREPARE TRAY BAKE

Set oven to 250°C.


Place sausages and wedged red onion on a lined oven tray.

 **VEG OPTION** – Set oven to 220°C.



### 2. ROAST THE SAUSAGES


Add cherry tomatoes and rosemary leaves (see notes). Toss with **1 tbsp olive oil, salt and pepper**. Cook for 10-12 minutes in the upper part of the oven.

 **VEG OPTION** – Toss tomatoes, rosemary leaves and wedged shallot in oil, salt and pepper and roast for 10 minutes.



### 3. TEAR BREAD & TRIM BEANS

Tear bread into bite sized pieces, Toss with **1 tbsp olive oil**. Trim beans.

 **VEG OPTION** – Warm burgers in a frypan for 3-4 minutes on each side. Prepare bread and beans according to recipe.



### 4. ADD BREAD + BEANS

Scatter tray bake with green beans and top with bread croutons. Cook for a further 3-5 minutes.



### 5. DRESS SALAD

Dress lettuce leaves with **olive oil** and **vinegar** (if desired).



### 6. FINISH AND SERVE

Serve sausage one tray at the table with a side of lettuce and dip.

 **VEG OPTION** – Serve burgers with roasted veggies, croutons, salad and 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**

