

SEE  
NOTES FOR  
VEGETARIAN  
INSTRUCTIONS



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

 4 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	1 bunch
BRUSSELS SPROUTS	1 bag (300g)
RED APPLES	2
BEEF SAUSAGES 	600g
DICED POTATO & PARSNIP	1 bag (800g)
LEEK	1
SEEDED MUSTARD	1 jar
 VEGGIE SAUSAGES	2 packets

*\*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 apples. 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 LEEK

Heat a large frypan with **2 tbsp oil** over medium-high heat. Slice leek, 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 **2 tbsp butter** to desired consistency. Season with **salt and pepper** to taste.




### 5. FINISH THE GRAVY

Stir mustard, **1 tbsp flour** and **1 tbsp soy sauce** into cooked leek. Add **1 1/2 cups 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](mailto:hello@dinnertwist.com.au)

