



Caramelised Onion Sausage Traybake

with Carrots, Apple and Caramelised Onion Drizzle

N° 11

FAMILY Hands On Time: 15 Minutes • Total Time: 40 Minutes • 2.5 of your 5 a day



Red Onion



Apple



Carrot



Potato



Sage



Caramelised
Onion Sausages



Original Onion
Marmalade



Baby Spinach

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Large Baking Tray and Small Pan

Ingredients

	2P	3P	4P
Red Onion**	1	2	2
Apple**	2	3	4
Carrot**	2	3	4
Potato**	1 small pack	1 large pack	2 small packs
Sage**	½ bunch	¾ bunch	1 bunch
Caramelised Onion Sausages 14)**	4	6	8
Original Onion Marmalade	1 pots	2 pots	2 pots
Baby Spinach**	1 small bag	1 small bag	1 large bag

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	682g	100g
Energy (kJ/kcal)	2475 /592	363 /87
Fat (g)	17	2
Sat. Fat (g)	6	1
Carbohydrate (g)	90	13
Sugars (g)	36	5
Protein (g)	24	4
Salt (g)	2.03	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Prepped

Preheat your oven to 200°C. Peel the **onion** and chop into quarters. Halve the **apple**, remove the core and chop each half into three wedges. Trim the **carrot** (no need to peel) and chop into roughly 3cm chunks. Chop the **potatoes** into 2cm chunks (no need to peel). Pick the **sage leaves** from their stalks and roughly chop (discard the stalks).



4. Heat the Sauce

Have a tidy up. About 5 mins before the sausages and veg are cooked pop a small pan on medium heat and add the **onion marmalade** and 1 tbsp **water** per person. Stir together then keep warm on a low heat - this is your **drizzle**.



2. Bake

Pop the **onion, apple, carrot, potato** and **sage** on a large baking tray and drizzle with **oil**. Season with **salt** and **pepper**, toss to coat then spread out in one layer and roast on the top shelf of your oven for 15 mins.



5. Finish up

When the **sausages** and **veg** are cooked, remove the tray from the oven and spread the **spinach** out on top. Return to the oven for a minute - the **spinach** will wilt in the heat. Get ready to serve up!



3. Sausage Time!

When the 15 mins are up, remove the tray from the oven, give everything a shake and nestle the **sausages** amongst everything. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat. Return to the oven until everything is golden and cooked, 15-20 mins. **IMPORTANT:** The sausages are cooked when no longer pink in the middle.



6. Serve

Stir the **spinach** through the **traybake** to fully wilt it. Serve the **sausages** and **veg** on plates topped with the **drizzle**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.