



SAUSAGE, ONION AND POTATO TRAY BAKE

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<http://england.lovefoodhatewaste.com/recipes/sausage-onion-and-potato-tray-bake>

This dish is ideal for weekday suppers as it only takes ten minutes to prepare and uses just one dish for cooking. Use your favourite variety of sausages and swap parsnips for potatoes for an equally tasty result.



SERVES:

4

PREP TIME:

10 minutes

COOKING TIME:

30 - 35 minutes

INGREDIENTS:

- 454g pack sausages
- 1 large onion, cut into wedges
- 500g (1.1 lb) new or salad potatoes, thickly sliced
- 2 tbsp olive oil
- 1 tbsp wholegrain mustard
- 1 tbsp fresh or dried thyme leaves

METHOD:

1. Preheat the oven to 200oC, gas mark 6.
2. Twist each sausage into 2 and cut to make 16 small sausages. Place in a large roasting tray with the onion and potatoes, toss in the oil, mustard and thyme, season well.
3. Bake for 30-35 minutes, stirring half way through or until golden and potatoes are tender.

Cook's tip

Dried thyme or rosemary can be used if fresh is unavailable.

Use up

Use up leftover cooked sausages – just add towards the end of cooking and cook until piping hot

Variations

Any flavour of sausages can be used. Parsnips or celeriac make good substitutes for new or salad potatoes.

Extra flavour

Add a dash of Worcestershire or Tabasco sauce for extra flavour.

Freezer advice

Not suitable

Vegan and vegetarian options

Replace the sausages with extra root vegetables to be suitable for vegans and vegetarians.

Allergy advice

None.

Nutrition

Per serving Calories (kJ) 1852 Calories (kcal) 444

Protein 18.6g

Fat 28.0g

Of which saturated fat 8.8g

Carbohydrate 31.4g

Of which sugar 6.7g

Fibre 3.2g

Sodium 0.97g

