





Product Spotlight: Natural Yoghurt

Natural yoghurt contains good bacteria, known as "probiotics", which can aid digestion and support a healthy digestive tract!



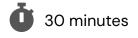


Spice it up!

Toss the sausage and vegetable pieces with a dried herb or spice before baking for extra flavour! You can substitute the curry powder with a curry paste (of choice) or a fresh herb instead.

Kransky Sausage Skewers

Colourful skewers with veggies and pork sausage, served with crispy squashed baby potatoes and curry yoghurt dipping sauce.





4 servings



PROTEIN TOTAL FAT CARBOHYDRATES

69g

FROM YOUR BOX

BABY POTATOES	1kg
KRANSKY SAUSAGES	2 packets
ZUCCHINIS	2
RED ONION	1
GREEN CAPSICUM	1
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder or paste, skewers

KEY UTENSILS

saucepan, 2 oven trays

NOTES

Halve any larger potatoes to speed up the cook time.

If you don't have skewers you can roast the sausages and veggies as a tray bake instead!

Add 1 tbsp mayonnaise to the sauce for a sweeter, child-friendly flavour. You can use smoked paprika or a dried herb instead of curry powder if preferred.





1. BOIL THE POTATOES

Set oven to 250°C.

Place potatoes into a saucepan and cover with water (see notes). Bring to a boil and simmer for 15 minutes or until tender. Drain (see step 4).



2. PREPARE THE SKEWERS

Cut sausages, zucchinis, onion and capsicum into even-sized pieces. Toss with oil, salt and pepper.



3. BAKE THE SKEWERS

Thread sausages and vegetables onto **skewers** (see notes). Place on a lined oven tray and bake for 10 minutes.



4. SQUASH THE POTATOES

Place drained potatoes on a lined oven tray. Flatten using the base of a mug or masher, drizzle with **1 tbsp oil** and season with **salt and pepper**. Roast for 10 minutes or until golden and crispy.



5. MAKE THE DIPPING SAUCE

Stir 1-2 tsp curry powder or paste through the yoghurt until combined (see notes). Season with salt.



6. FINISH AND SERVE

Serve squashed potatoes with skewers and curry dipping sauce.

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



