




Product Spotlight: Garlic


Garlic is rich in sulphur which has been shown to provide health benefits in a wide variety of body systems. This includes our immune, cardiovascular, and digestive systems!



K4 Plant-Based Sausages with One Tray Vegetables and Pizza Bianca

A lovely Italian themed share plate. Pizza Bianca with roasted tray baked vegetables and vegan sausages.

 30 minutes

 4 servings

 Plant-Based

11 March 2022

Mix it up!

Make a ratatouille to have with the sausages instead of roasting if you prefer. Dice the vegetables and cook in a deep frypan with the Italian herbs, garlic, parsley and a little stock.

Per serve: **PROTEIN** 10g **TOTAL FAT** 29g **CARBOHYDRATES** 110g

FROM YOUR BOX

RED ONION	1
TOMATOES	3
RED CAPSICUM	1
ZUCCHINIS	2
VEGAN SAUSAGES	1 packet
GARLIC CLOVE	2
PARSLEY	1 bunch
GF PIZZA BASES	2

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried Italian herbs, balsamic vinegar

KEY UTENSILS

2 x oven trays, frypan

NOTES

Keep the sausages separated from each other when cooking as the skins will stick together.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Wedge onion and tomatoes. Slice capsicum and zucchinis. Toss on a lined oven tray with **3 tbsp oil, 2 tbsp vinegar, 3 tsp Italian herbs, salt and pepper**. Roast for 20–25 minutes until tender and cooked through.



4. SEASON THE VEGETABLES

Transfer roasted vegetables into a serving bowl. Dress with **1 tbsp olive oil, 1/2 tbsp balsamic vinegar, salt and pepper**. Stir through 1 tbsp chopped parsley.



2. COOK THE SAUSAGES

Heat a frypan over medium–high heat with **oil**. Add sausages (see notes) and cook, turning occasionally, for 5–8 minutes until browned and warmed through.



5. FINISH AND SERVE

Slice sausages.

Cut pizzas into wedges and take to the table with sausages and vegetables for sharing.



3. COOK THE PIZZAS

Crush garlic and chop parsley to yield 2 tbsp. Mix together with **2 tbsp olive oil, salt and pepper**. Use a fork to dock base and place on a second lined oven tray. Spread oil over pizza base, and place in the oven for 5–10 minutes, until golden and crispy around the edges.

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**

