




### Product Spotlight: Pistachios


The pistachio nut is also known as the 'happy' nut because of its bright green colour, and they are a good source of protein and healthy fats!



## Spiced Sausage with Roast Cauliflower Salad

Smoky cauliflower florets roasted in the oven with sweet red onion, tossed with a fresh lemon-dressed salad and topped with spiced sausage and pistachios.

 30 minutes

 4 servings

 Pork

 Beef

## BBQ it!

*If the weather permits, you can BBQ the cauliflower, onion and sausage for a lovely charred flavour!*

Per serve: **PROTEIN** 21g **TOTAL FAT** 37g **CARBOHYDRATES** 24g

## FROM YOUR BOX

|                 |          |
|-----------------|----------|
| RED ONION       | 1        |
| CAULIFLOWER     | 1        |
| LEMON           | 1        |
| CHERRY TOMATOES | 200g     |
| PARSLEY         | 1 packet |
| BABY SPINACH    | 120g     |
| PISTACHIOS      | 1 packet |
| SMOKED SAUSAGES | 1 packet |

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, smoked paprika, dried oregano, maple syrup

## KEY UTENSILS

large frypan, oven tray

## NOTES

For a different flavour, you can use sumac or cumin seeds on the cauliflower instead of smoked paprika.



### 1. ROAST THE VEGETABLES

Set oven to 220°C.

Slice onion and cut cauliflower into small florets. Toss on a lined oven tray with **1 tbsp smoked paprika, 1 tsp oregano, oil, salt and pepper** (see notes). Roast for 20–25 minutes until cooked through.



### 4. TOAST THE NUTS

Roughly chop pistachios and add to a dry frypan over medium–high heat. Toast for 5 minutes until golden. Remove and set aside. Keep pan on heat.



### 2. PREPARE THE DRESSING

Whisk together zest and juice of 1/2 lemon with **1 tbsp maple syrup, 2 tbsp olive oil, salt and pepper**. Set aside



### 3. PREPARE THE SALAD

Halve tomatoes and chop parsley. Add to a large bowl with spinach.



### 5. COOK THE SAUSAGE

Add **oil** to pan. Thickly slice sausages and add to pan. Add remaining 1/2 lemon, cut side down. Cook for 3–5 minutes until sausages are crispy on each side, and lemon is charred.



### 6. FINISH AND SERVE

Toss roasted vegetables with salad and dressing. Arrange on a serving plate and top with sausages. Sprinkle over pistachios and squeeze grilled lemon to serve.



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