

Sausage Tray Bake



Ingredients (serves 4)

8 x sausages

6 medium sized new potatoes, quartered

1 large sweet potato, peeled and cubed

2 parsnips, peeled and cubed

1 large red onion, peeled and cubed

2 garlic gloves, peeled, sliced and diced

Sprinkling of mixed herbs

Black pepper

Vegetarian? Why not swap the sausages for a vegetarian variety? Add them for the last 20 minutes of cooking.

Method

- 1) Turn your oven onto Fan 180°C 350°F Gas 4
- 2) In a large oven tray, sprinkle a light covering of oil over the base
- 3) Add the sausages, potatoes, sweet potato, parsnips, onion and garlic gloves. Give a gentle shake to separate everything
- 4) Sprinkle on some herbs and a little black pepper
- 5) Roast for 45 minutes, or until sausages are browned and vegetables softened. Gently stir half way

Top Tip: You can add any vegetables you prefer. Try and use seasonal vegetables as they are cheaper. March is good for carrots, leeks, parsnips, purple sprouting broccoli and spring greens. Wash all vegetables thoroughly before prepping.

