



Everything
But The Chef

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Aussie Beef Sausages with Tomato Chutney

The real superstar of this dish is Roza's tomato chutney. Full of nothing but natural ingredients, with no artificial preservatives and no gluten. Made in the traditional style with sultanas and spices, you may find it tastes just like grandma used to make. With juicy sweet corn on the cob and tasty beef sausages, this dinner is too easy to like. Make sure to tag us in your finished masterpieces: #HelloFreshAU #rozastomatochutney

Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



high
protein



gluten
free



outdoor
dining

Pantry Items



Olive Oil



Balsamic
Vinegar



Butter



Sweet Potato



Corn



Aussie Beef
Sausages



Baby Spinach



Tomato Chutney

2P	4P	Ingredients	
400 g	800 g	sweet potato, unpeeled & cut into 1 cm cubes	A
1 ½ tbs	3 tbs	olive oil *	
1 cob	2 cobs	corn, husked & halved	
6	12	Aussie beef sausages	
2 tsp	1 tbs	balsamic vinegar *	
1 bag	2 bags	baby spinach, washed	
1 tsp	2 tsp	butter *	
3 tbs	6 tbs	tomato chutney	

Disclaimer: Sweet potatoes naturally vary in size, we may over supply you but please use the weight stated for this recipe.

⊕	May feature in another recipe
*	Pantry Items
Nutrition per serving	
Energy	2770 KJ
Protein	34 g
Fat, total	31.8 g
-saturated	11.2 g
Carbohydrate	55.8 g
-sugars	21.4 g
Sodium	793 mg

Measuretool		
0 cm	1 cm	2 cm



You will need: chef's knife, chopping board, baking paper lined oven tray, BBQ or chargrill pan, small bowl or jug, whisk and a medium bowl.

- 1 Preheat the oven to **200°C/180°C** fan-forced.
- 2 Toss the **sweet potato** in half of the **olive oil** and place on the lined oven tray. Cook in the oven for **30 minutes** or until golden and tender.
- 3 Meanwhile, heat a BBQ or chargrill pan over a medium-high heat. Add the **corn** and **Aussie beef sausages** and cook, turning, for **10-12 minutes** or until the corn is charred and the sausages are cooked through.
- 4 In a small bowl or jug whisk together the **balsamic vinegar** and remaining olive oil.
- 5 In a medium bowl, combine the **baby spinach** and roast sweet potato and drizzle with the dressing.
- 6 Divide the BBQ corn between plates and top with **butter**. Serve with the sausages, spinach and sweet potato salad and a dollop of the **tomato chutney**.

Did you know? Chutney originates from Indian cuisine, and was initially made with fruits and spices.