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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 | Α |
| 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 | |

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 | mo |

Measuretool

0 cm 1 cm 2 cm

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

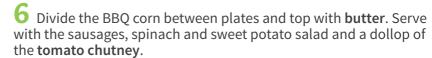


You will need: chef's knife, chopping board, baking paper lined oven tray, BBQ or chargrill pan, small bowl or jug, whisk and a medium bowl.

- 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.







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