



Plant-Based Sausage & Potato Traybake

with Caramelised Onion, Burger Sauce & Cucumber Salad

Grab your Meal Kit with this symbol



Potato



Vegetable Stock Powder



Onion



Herbs



Cucumber



Tomato



Salad Leaves



Plant-Based Herby Sausages



Burger Sauce

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 15-25 mins
Ready in: 30-45 mins



Bangers and potato but make it veggie? Can do! These herb-packed plant-based sausages will be the perfect match for roast potatoes with a garden salad. Now put them in the oven to bake and things really are cooking tonight!

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
vegetable stock powder	1 medium sachet	1 large sachet
onion	1 (medium)	1 (large)
herbs	1 bag	1 bag
cucumber	1 (medium)	1 (large)
tomato	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
plant-based herby sausages	1 packet	2 packets
salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
burger sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2373kJ (567Cal)	385kJ (92Cal)
Protein (g)	30.4g	4.9g
Fat, total (g)	20.1g	3.3g
- saturated (g)	8g	1.3g
Carbohydrate (g)	68.2g	11.1g
- sugars (g)	25.1g	4.1g
Sodium (mg)	1710mg	278mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Add **vegetable stock powder** and a drizzle of **olive oil** and toss to coat. Roast until tender, **20-25 minutes**.

3



Bake the sausages

- When potatoes have **10 minutes** remaining, place **plant-based herby sausages** on the same oven tray and bake for **5 minutes**.
- Turn **sausages** and continue baking until browned and cooked through, **5-8 minutes**.

2



Get prepped

- Meanwhile, thinly slice **onion** and **herbs**. Slice **cucumber** into half-moons. Roughly chop **tomato**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium, then add the **balsamic vinegar**, **brown sugar**, a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**. Remove from heat and set aside.

4



Serve up

- Meanwhile, combine tomato, cucumber, **salad leaves**, a drizzle of olive oil, the **white wine vinegar** and a pinch of salt in a medium bowl.
- Divide plant-based sausage and potato traybake between plates. Top with caramelised onion.
- Serve with cucumber salad, **burger sauce** and garnish with herbs. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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