

Sausage & Veg Traybake

Chop, tip in a tray, walk away. The oven does the rest.

Serves 2

Prep 10 min

Cook 35 min

12g

CARBS
PER SERVING

Sausages and all the veg. This is a whole meal, nothing else needed.

You'll need

- ☐ 6 sausages, 90% meat or more (about 340g). Check the pack
- ☐ 250g broccoli, cut into small florets
- ☐ 1 courgette (about 200g), cut into thick slices
- ☐ 2 tbsp olive oil
- ☐ 1 tsp smoked paprika
- ☐ Salt and pepper, to taste

Method

- 1 Turn the oven on to 200°C (180°C fan, gas 6).
- 2 Put the broccoli and courgette in a roasting tray. Pour over the oil, add the paprika, salt and pepper, and mix with your hands.
- 3 Push the veg to the sides and put the sausages in the middle.
- 4 Roast for 30 to 35 minutes, turning the sausages halfway, until they're brown all over.
- 5 Cut one sausage open to check it's cooked through (see Food safety below).

TIP

Cheap sausages are bulked out with rusk (bread). The higher the meat %, the fewer the carbs.

SWAPS

Use chicken thighs instead of sausages. Roast for about 35 to 40 minutes and check them as you would any chicken.

STORING IT

Cool, cover and keep in the fridge for up to 2 days. Reheat until steaming hot all the way through, and only reheat once.

AIR FRYER

Cook the sausages at 180°C for 8 minutes. Toss the veg in 1 tbsp oil and the paprika, add to the basket and cook for 8 to 10 minutes more, shaking halfway, until the sausages are browned and cooked through. Do it in two batches if the basket's crowded.

FOOD SAFETY

Mince, burgers and sausages must be cooked all the way through. No pink in the middle, juices clear and steam rising when you cut one open. Burgers shouldn't be served pink at home.