



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Hearty Sausage & Apple One Sheet **SERVES** approx. 4

CATEGORY Main Dish **PREP TIME** 10 min **COOK TIME** 25 min

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

One Sheet :

1 cup	whole baby carrots
3 cups	3/4" chopped little gem potatoes
3/4 cup	1" chopped red onion
8 medium	quartered brussel sprouts
1 medium	1" chopped apple
4 medium	2" halved sausages

Herbed Oil :

2 tbsp	extra virgin olive oil
1 tsp	fresh chopped sage
1 tsp	fresh chopped thyme
2 tbsp	fresh chopped rosemary
1/2 tsp	sea salt
1/2 tsp	pepper

DIRECTIONS

1. Preheat oven to 400F.
2. In a small bowl whisk together oil, sage, thyme, rosemary, salt & pepper until well combined.
3. In a large bowl combine carrots, potatoes, red onion, brussel sprouts, and apple.
4. Pour herbed oil over combined veggies and toss until evenly coated.
5. Spread mixture over a rimmed one sheet and place chopped sausages evenly among veggies.
6. Place sheet in oven and bake for 10 minutes.
7. Remove from oven to stir well and flip sausages, then bake for an additional 10 minutes.
8. Remove from oven for another stir and set oven to Broil at 500.
9. Broil one sheet for 2-3 minutes, stir, and broil for another 2-3 minutes or until desired crisp.

MY NOTES
