

TIME TO **COOK** CLUB

RECIPE CARD

Sticky Sausages, Apple, Bacon & Sweet Potato Traybake

Difficulty:

Easy

Preparation time:

30-35 mins

Cooking Time:

55 mins

Ingredients

Feeds 2-3 people

- Good Quality Butchers Sausages
- allow 2-3 sausages per person
- 2 Medium Red Onions
- 3 Medium Sweet Potatoes
- 2 Rashers of Thick Cut
Smoked Bacon
- 2 Red Apples
- 2 teaspoons of Smoked
Paprika
- Olive Oil
- Salt and Pepper



Method



- 1 Pre-heat the oven to Gas Mark 6 / 200°C / 180°C fan.
- 2 Place the sausages into a roasting tin.
Note: You don't need to prick the sausages with a fork first.
- 3 Peel the sweet potatoes and cut them into wedges.
Add them to the tin.
- 4 Peel the onions and cut them into wedges.
Add these to the tin too.
- 5 Measure out the smoked paprika using a teaspoon. Sprinkle it over the ingredients in the roasting tin by tapping the handle of the spoon.
Note: This will help to stop the spice from staining your fingers.
- 6 Drizzle olive oil lightly over the ingredients in the roasting tray.
Season well with salt and pepper.
- 7 Place the roasting tin in the oven and cook for 20 minutes.
- 8 Whilst the sausages are cooking, prepare the bacon and the apples.
- 9 Using scissors, remove any visible fat from the bacon and then cut each rasher into small pieces.
- 10 Leaving the skin on the apples, cut them into quarters.
Carefully remove the core from each quarter before cutting them into thick wedges.

RECIPE

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- 11** *Adults:* After 20 minutes, remove the roasting tin from the oven and, using a fork or tongs, turn the sausages over.
- 12** Sprinkle the smoked bacon pieces and the thick slices of red apple into the roasting tin.
- 13** Give the mixture a good stir and add more seasoning of salt and pepper. *Then return the roasting tin to the oven* and cook for a further 35 minutes.
- 14** Serve with green vegetables such as broccoli, peas or kale.