

Spicy Merguez Sausages

with Sweet Potato Traybake

hellóchef

This one tray wonder might be just the thing you have been craving for! Our signature merguez sausages and the ras el hanout spiced veggies bring together popular flavours from North Africa.

Cals 1043 • Prot 51 • Carbs 69 • Fat 61

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🕒 cook: 30 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Tray bake	2 ppl	3 ppl	4 ppl	
Merguez sausage	400	600	800	Grams
Sweet potatoes	400	600	800	Grams
Red onion	1	2	2	Piece
Garlic cloves	2	3	4	Piece
Ras el hanout	5	8	10	Grams
Salt	1	1	2	Tsp
Olive oil	2	3	4	Tbsp
Yellow pepper	1	2	2	Piece
Cherry tomatoes	150	250	300	Grams
Pomegranate molasses	20	30	40	Grams
Garnish				
Fresh parsley	15	15	15	Grams
Labneh 4*	200	200	400	Grams

Allergens

*4 Milk

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	4365 / 1043
Fat (g)	60.5
of which saturates (g)	10.9
Carbohydrate (g)	69
of which sugars (g)	19.5
Fiber (g)	11
Protein (g)	50.6
Salt (g)	6.4

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Preheat the oven to 220°C/ 200°C fan. Peel and chop the **sweet potatoes** into bite-sized pieces. Peel and slice the **onion** into wedges. Peel and mince the **garlic**. Place the **sweet potatoes, onion wedges, garlic, ras el hanout, salt** and a generous drizzle of **olive oil** onto a lined baking tray. Toss until coated. Bake for 20 min.

Tip! Preheating your oven should be the very first thing you do when you start cooking. Depending on your oven, it can take up to 30 minutes to reach the right temperature.



4 Serve

Divide the **vegetables** and **Merguez sausages** among plates and garnish with the **fresh parsley**. Serve the **labneh** to the side.



2 Prep vegetables

Meanwhile, deseed and roughly chop the **peppers**. Finely chop the **parsley** leaves.

Tip! Parsley is rich in vitamin C and other antioxidants. It is also an excellent source of vitamin A and folate.



3 Bake

After 15 min, add the **peppers, cherry tomatoes, pomegranate molasses**, a generous pinch of **salt** and **olive oil** to the tray. Top with the **Merguez sausage (spicy!)**. Bake for 10-15 min further or until the **vegetables** are nicely roasted and the **sausages** are cooked through.

Tip! North African Merguez sausage is a powerhouse of spicy and earthy flavour, making it one of the tastiest sausages around.