

Apple, roast pumpkin & sausage subs

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Preparation 20 mins | Cooking 45 mins | Serves 6

750g Butternut or Jarrahdale pumpkin
Olive oil cooking spray
6 reduced fat pork sausages
2 long baguettes*, cut into 15cm pieces
(*or use 6 small long bread rolls)

Chunky apple sauce:

3 Granny Smith apples, peeled and cut into 2-3cm pieces
1 tbs caster sugar
2 tbs water
2 tsp lemon juice

STEP 1 Preheat oven to 200°C/180°C fan-forced. Peel, deseed and cut pumpkin into 1.5 cm-thick slices. Spray both sides with oil. Season with salt and pepper. Place in a single layer on a large baking tray lined with baking paper. Roast, turning once, for 25-30 minutes until tender.

STEP 2 Meanwhile, to make apple sauce, combine apples, caster sugar, water and lemon juice in a medium saucepan. Cook, uncovered and stirring often, for 20-25 minutes until golden and tender. Roughly break up apples with a wooden spoon. Set aside to cool.

STEP 3 Preheat a large non-stick frying pan on medium heat. Cook sausages, turning occasionally, for 12-15 minutes until cooked through. Drain on paper towel.

STEP 4 To serve, split baguettes, top each with pumpkin, sausages and apple sauce and serve.