

## ROASTED KUMARA, APPLE & CHIPOLATA TRAY BAKE

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Preparation 15 mins | Cooking 40 mins | Serves 4

- 600g kumara (orange sweet potato), peeled and cut into bite-sized pieces
- 1 medium Granny Smith apple, cored and cut into thin wedges
- 12 chipolata sausages
- 1/3 cup cranberry sauce
- 1 garlic clove, crushed
- 2 tbs olive oil
- 175g green beans, trimmed
- 1/4 cup flat-leaf parsley, chopped

**STEP 1** Preheat oven to 200°C fan-forced. Toss kumara, apple and sausages in a large baking pan lined with baking paper.

**STEP 2** Warm cranberry sauce in an oven-proof bowl in the microwave for 10-20 seconds until runny. Stir in garlic and oil. Brush cranberry mixture over sausages and vegetables to coat. Roast, tossing occasionally, for 35-40 minutes or until vegetables are tender and chipolatas are golden and cooked through.

**STEP 3** In the last few minutes of cooking, plunge beans into a medium saucepan of boiling water and cook for 2-3 minutes until just crisp. Drain. Toss beans and parsley through the bake. Serve with crusty bread if liked.

### Good for you... **KUMARA**

*One of the few vegetables that provides a source of carbohydrate. This has a low glycaemic index (GI), which means that the carbohydrate is digested slowly to provide long-lasting energy. Like other orange coloured vegetables, kumara is rich in beta carotene, which the body converts to vitamin A.*

