



Smoky Sausage and Sweet Potato Tray Bake

Recipe by Chelsea Goodwin,
from [‘Money-saving Meal Plans with Chelsea’](#)



Serves 4



Prep: 15 minutes

Cook: 40 minutes

INGREDIENTS

- 800g sweet potato, peeled and cut into thin wedges
- 2 red onions, cut into thick wedges
- 1 red capsicum, thickly sliced
- 2 cloves garlic, crushed
- 500g thick pork sausages
- 2 tablespoons olive oil
- ½ cup beef stock

Smoky Seasoning

- 2 teaspoons brown sugar
- 2 teaspoons smoked paprika
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon black pepper

To Serve

- Flat-leaf parsley leaves, finely chopped

DIRECTIONS

1. Preheat the oven to 190°C.
2. Combine the ingredients for the smoky seasoning in a small bowl.
3. Peel the sweet potato and chop into thin wedges. Cut the onions into thick wedges, slice the capsicum and crush the garlic.
4. Place the sausages, sweet potato, onion, capsicum and garlic in a large bowl. Add the olive oil and 1 tablespoon of the smoky seasoning and pour the stock into the corner of the tray. Toss well to coat. Arrange on a large baking tray, positioning the sausages on top. Sprinkle with the remaining smoky seasoning.
5. Bake for 40 minutes, turning the sausages after 20 minutes, and serve immediately, garnished with finely chopped parsley.



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