



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

# SAUSAGE & ROOT VEGETABLES

Time: 2 hours

Serves: 6

### Ingredients:

1kg carrots - peeled and cut into chunks  
1kg potatoes - cut into chunks  
500g onions - peeled and cut into chunks  
10g salt  
2g fresh ground black pepper  
1kg fresh chicken (or other meat) sausage

### Preparation:

Preheat your oven to 190C.

Please the vegetables in a large Dutch oven. Sprinkle with the salt and pepper, then toss to distribute evenly.

Place the sausages in a single layer on top of the vegetables.

Cover and place in the oven for 90 minutes.

Uncover and leave in the oven for 15 more minutes.

Remove from oven and serve.

### Nutritional Information Per Serving:

Calories: 466	<b>Hand-Size Portion Guide</b>
Fat: 13g	Palms of Protein: 1
Carbs: 56g	Fists of Vegetables: 2
Fibre: 10g	Cupped Hands of Carbs: 2
Protein: 33g	Thumbs of fat: 1