



Broiled Italian Sausages

with Apples & Mustardy Spinach Salad



20-30min



2 Servings

For this heavenly one-pan wonder, wedges of juicy apple and red onion are broiled with sweet Italian sausages. Butter and thyme are tossed with the apples, onions, and sausages to create a luscious pan sauce in no time at all. A spinach salad with a sherry vinaigrette completes the meal. Cook, relax, and enjoy!

What we send

- pink lady apple
- sweet Italian sausages
- fresh thyme
- whole grain mustard
- red onion
- baby spinach
- sherry wine vinegar

What you need

- coarse salt
- freshly ground pepper
- olive oil

Tools

- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 580.0kcal, Fat 34.0g, Proteins 30.0g, Carbs 34.3g



1. Prep ingredients

Preheat oven to 450°F with top rack 4–6 inches from heat source. Quarter **apple** and cut out core. Halve **onion** lengthwise, leaving the root intact, then peel. Cut **one half** into 8 wedges (save rest for own use). Pick and finely chop **half of the thyme leaves**.



4. Add butter and thyme

Add **butter** and **finely chopped thyme** to the baking sheet and stir gently to coat. Season to taste with **salt** and **pepper**.



2. Season apples and onions

In a large bowl, toss **apples** and **onions** with **1 teaspoon oil**, **½ teaspoon salt**, and **a few grinds pepper**. Use a fork to pierce a few holes all over each **sausage**. Add to bowl and toss to coat. Transfer to a rimmed baking sheet.



5. Make spinach salad

Meanwhile, in a medium bowl, whisk **sherry vinegar** with **1 tablespoon of the mustard**. Whisk in **2 tablespoons olive oil**, and season to taste with **salt** and **pepper**. Pour **half of the vinaigrette** into a small bowl and reserve for step 6. Add the **spinach** to the **vinaigrette** in the medium bowl, tossing gently to coat.



3. Bake and broil

Bake for about 20 minutes, until **onions** and **apples** are tender and **sausages** are cooked through. Switch oven to broil, and broil until sausages are browned, 2–3 minutes (watch closely as ovens vary). Remove from oven.



6. Finish

Serve **sausages, apples**, and **onions** drizzled with the **reserved vinaigrette**, with **spinach salad** alongside. Enjoy!