

DINNERLY



Sausage Meatball Pan Roast with Parmesan and Roasted Vegetables

 20-30min  4 Servings

As far as we're concerned, when it comes to dinner, "quick, flavorful, and simple" is the holy grail we're constantly striving for. The search is over with this dish! Spicy Italian sausage makes for the perfect protein in this easy, peasy, pan roast. Wedges of onions and sweet potatoes roast first, before tender zucchini, sausage patties, and nutty Parmesan are added to the sheet pan party. We!...

WHAT WE SEND

- yellow onion
- zucchini
- hot uncased Italian sausage
- sweet potato

WHAT YOU NEED

- coarse kosher salt
- freshly ground pepper
- olive oil

TOOLS

- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

Calories 499.0kcal, Fat 26.4g, Proteins 26.0g, Carbs 44.9g



1. Prep ingredients

Preheat oven to 450°F. Trim ends from **onion**, then halve, peel, and cut lengthwise into ½-inch wedges, leaving root end intact. Scrub **sweet potatoes** and cut lengthwise into ½-inch wedges. Transfer both to a rimmed baking sheet. Toss with **3 tablespoons oil** and ½ **teaspoon salt** and **a few grinds pepper**. Roast until just tender, 12–14 minutes.



2. Make sausage patties

Meanwhile, shape **sausage** into eight (3-inch) patties about ½-inch thick. Season lightly with **salt and pepper**.



3. Prep zucchini & Parmesan

Halve **zucchini** lengthwise and slice crosswise into ¼-inch thick half moons. In a medium bowl, toss **zucchini** with **1½ tablespoons oil** and ½ **teaspoon salt** and **several grinds pepper**. Finely grate **Parmesan**.



4. Add zucchini

Remove baking sheet from oven, use a spatula to toss **onion** and **sweet potato**. Add **zucchini** and **sausage patties** to baking sheet. Sprinkle with **half of the Parmesan**. Return to oven to roast until **vegetables** are cooked through, 10–12 minutes.



5. Broil & serve

Switch oven to broil. Continue to cook until **sausage** and **vegetables** are golden brown, 2–3 minutes (watch closely as ovens vary). Sprinkle with **remaining Parmesan** before serving. Enjoy!



6. Take it to the next level

Serve this along with a hearty salad, like wilted kale with lemon juice and olive oil dressing, or flat leaf spinach with a mustardy vinaigrette.