

Roasted Chicken Sausage & Apples

with Spinach Salad



20-30min



2 Servings

For this heavenly one-pan wonder, wedges of juicy apple and red onion are broiled with sweet Italian chicken sausage patties. Butter and thyme are tossed with the apples and onions 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

- 1 apple
- ½ lb uncased Italian chicken sausage
- ¼ oz fresh thyme
- 1 oz whole-grain mustard ¹⁷
- 1 red onion
- 3 oz baby spinach
- 1 oz sherry vinegar ¹⁷

What you need

- kosher salt & ground pepper
- olive oil

Tools

- rimmed baking sheet

Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 0kcal



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**. Using moist hands, form **chicken sausage** into four (5-inch) patties.

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

On a lightly **oiled** rimmed baking sheet, toss **apples** and **onions** with **1 teaspoon oil**, **½ teaspoon salt**, and **a few grinds pepper**. Push **apples** and **onions** to one side of the sheet tray; add **sausage patties** to other side.

3. Bake and broil

Bake for about 20 minutes, until **onions** and **apples** are tender and **sausage patties** are cooked through, flipping **patties** halfway 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 **sausage patties**, **apples**, and **onions** drizzled with the **reserved vinaigrette**, with **spinach salad** alongside. Enjoy!



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.