



## Irish Pork & Leek Sausage with Sweet Potato and Crumbly Feta

This is one of our most popular dishes and for good reason! The combination of crispy sweet potato wedges and our delicious Irish Pork & Leek Sausage from Ray Collier our Irish Craft Butcher make for a delicious and nutritious meal. The added crumbly feta cheese and toasted pine nuts should bring out your inner MasterChef!

### Ingredients

- Pork Leek Sausage
- Sweet Potato
- Parsley
- Feta Cheese
- Pine Nuts
- Spice Mix
- Ground Coriander
- Ground Cumin

### Your Pantry

- Olive Oil

### Nutritional Info

Calories: 790 kcal  
Carbohydrates: 70 g  
Protein: 42 g  
Fat: 41 g

### Allergens

[Gluten \(Sausage\)](#)  
[Nuts \(Pine Nuts\)](#)  
[Milk \(Cheese\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*

### **1) Pre-heat the oven to 180C**

### **2) Prepare the ingredients**

Rinse the sweet potato, but leave the skins on. Chop them into slim wedges. Chop the parsley. Crumble the feta and set aside.

### **3) Spice-up the sweet potato wedges**

In a bowl, combine the spice mix with some olive oil and coat the wedges in the spices. Put the wedges in the oven for 25-30 minutes. Check the wedges occasionally. Move on to the next step.

### **4) Cook the sausage**

Put a pan on a low heat. Add some olive oil to the pan and add in the sausages. Cook for about 20 minutes, turning occasionally so they cook evenly. While the sausages cook move on to the next step.

### **5) Toast the pine nuts**

In a dry pan, toast some pine nuts. Watch the pine nuts carefully as they can burn easily.

### **6) Finish the sausages**

Once the sausages are cooked, slice them on the diagonal.

### **7) Combine all the elements and plate the dish**

In a large bowl combine the sausage, sweet potato, feta, pine nuts and chopped parsley. Carefully mix these together. Then plate the dish.



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