

 **Preparation:** 10 mins
Cooking: 40–45 mins

 **Serves:** 4

 **Difficulty:** easy

Bangers & roots traybake



The perfect midweek hero – this comforting bangers and roots traybake will fill your kitchen with the irresistible scent of sizzling sausages and fresh rosemary. With just 10 minutes of prep, the oven does the rest. No fancy ingredients or faff required, just good-quality pork sausages (the better the banger, the better the bake).

INGREDIENTS

- 600g baby potatoes
- 2 red onions, peeled and cut into wedges
- 2 large carrots, peeled and sliced
- 6 garlic cloves, skins on but lightly crushed
- 3–4 sprigs fresh rosemary
- Olive oil
- 8 good-quality pork sausages
- Sea salt and freshly ground black pepper

RECIPE

1. Put a large roasting tray in the oven to warm up while it preheats to 200°C/180°C fan/gas 6.
2. Parboil the potatoes for about 5 minutes, then drain well.
3. In a large bowl, toss the veg, garlic and rosemary with a generous glug of olive oil, and season with salt and pepper.
4. Remove the hot tray from the oven, tip everything in and give it a shake so the veg spread out evenly. Nestle the sausages among the veg.
5. Bake for 40–45 minutes, turning the sausages halfway through so they brown beautifully on all sides. You're looking for crispy-edged spuds, caramelised onions and glistening golden sausages.
6. Taste and adjust the seasoning if needed — a final crack of black pepper never hurts.

Serve straight from the tray – bubbling with all those irresistible flavours – and pair with garden peas or a crisp side salad.

Little extras (optional but delicious)

- Add a splash of vinegar and a drizzle of honey for the last 10 minutes for sticky, glossy goodness.
- Toss in a handful of cherry tomatoes or a few apple wedges for a sweet twist.

