

# Honey Mustard Sausage Tray Bake

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**Per Portion**  
**297.5** Calories  
**6.1g** Protein  
**51.25g** Carbs  
**8.3g** Fat

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## Ingredients



- 4 tbsp honey
- 4 tbsp mustard
  - 1 tbsp oil
  - 8 sausages
- 4 sweet potatoes, cut into chunks
  - 1 onion, cut into wedges
  - 1 pepper, sliced
- 4 carrots, cut into chunks
- Salt and pepper, to taste

## Method

1. In a large bowl, combine the honey, mustard, and oil.
2. Add the sausages, sweet potatoes, onion wedges, pepper slices, and carrot chunks to the bowl with the dressing.
3. Stir well to coat all the ingredients with the honey mustard mixture.
4. Transfer the mixture to the air fryer, spreading it out evenly to ensure even cooking. If there is any remaining dressing, pour it over the ingredients in the air fryer. If you have a dual drawer air fryer, split the mix between the 2 drawers.
5. Season with salt and pepper according to your taste preferences.
6. Set the air fryer to 180°C and cook the Honey Mustard Sausage Bake for approximately 30 minutes, or until the sausages are cooked through and the vegetables are tender.
7. During the cooking process, you may want to shake the air fryer basket or stir the ingredients halfway through to ensure they cook evenly.
8. Once the sausages are browned and the vegetables are cooked to your liking, remove them from the air fryer.