

BBQ Sausage Bake

Per Portion

610 Calories

20g Protein

45g Carbs

40g Fat



Method

1. Preheat the oven to 200°C/Fan 180°C/Gas 6.
2. Put the sausages, potatoes, veg and onion wedges on a tray and pour over the oil.
3. Stir to ensure everything is covered.
4. Add the BBQ sauce, and allow everything to marinate a little.
5. Put in the oven for 30 minutes, stirring halfway through.

Ingredients

- 2 tins potatoes, halved
 - 8 sausages
- 2 onions, cut into wedges
 - 2 tbsp oil
- 350g frozen Mediterranean veg
 - Bottle BBQ sauce

**This recipes nutritional values were generated by artificial intelligence and as such, you should take more care when preparing this recipe than normal. We do not guarantee or take liability for the nutritional information. Please use common sense when cooking this recipe.*