

Honey Mustard Sausage Traybake

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

Methods

1. In a large bowl, mix together honey, mustard, and oil.
2. Add sausages, sweet potatoes, onion wedges, pepper slices, and carrot chunks to the bowl with the dressing.
3. Stir well to coat all the ingredients thoroughly with the honey mustard mixture.

How to air fry:

1. Transfer the mixture to the air fryer, spreading it out evenly for even cooking.
2. Pour any remaining dressing over the ingredients. If using a dual drawer air fryer, split the mix between the two drawers.
3. Season with salt and pepper to taste.
4. Set the air fryer to 180°C and cook for about 30 minutes, or until sausages are cooked through and vegetables are tender.
5. During cooking, shake the air fryer basket or stir the ingredients halfway through for even cooking.
6. Once sausages are browned and vegetables are cooked to your liking, remove from the air fryer.

How to oven bake:

1. Spread the mixture on an oven-proof tray, ensuring an even layer.
2. Preheat the oven to 200°C.
3. Bake in the oven for 40 minutes or until the vegetables are tender and the sausages are cooked through.
4. Stir halfway through to ensure even cooking.