

Jamie Oliver's Sausage & Apple Bake



Serves 4 **Prep 9 mins**

Cooking 35 mins

Easy

Ingredients

2 large red onions
2 eating apples
4 parsnips
12 chipolatas
1 tbsp runny honey
olive oil
red wine vinegar

1. Preheat the oven to 180C/ 160C fan/ Gas 4. Place a large non-stick ovenproof frying pan on a medium-high heat. Peel the onions, cut into quarters and quickly break apart into petals directly into the pan, tossing regularly. Add 1 tbsp of olive oil and a pinch of sea salt and black pepper. Quarter and core the apples, then toss into the pan. Peel the parsnips into long strips. Stir 1 tbsp red wine vinegar into the frying pan, then pile the parsnip strips on top of the apples and onions.
2. Lay the sausages on top, then drizzle with 1 tbsp olive oil and add a pinch of black pepper. Bake for 30 minutes, then drizzle over the honey and return to the oven for 5 minutes or until golden and delicious.