

Sausage and Pumpkin Roast



Serves 4 Prep 10 mins

Cooking 30 mins

Easy

Ingredients

450g pack of pork sausages (or 8 large sausages)

800g pumpkin (squash), peeled and cut into finger-thick moon-shaped chunks

2 red onions, peeled and cut into wedges

2 tbsp olive oil

2 tsp caraway seeds

300g tub gravy

1. Heat oven to 220C/ Fan 00C/ Gas 7. Put the first 5 ingredients into a large, non-stick roasting pan, toss to coat in the oil and roast for 20 mins until the sausages are browned and the squash softened and starting to crisp at the edges.
2. Tip the gravy into the pan and gently stir around the squash and sausages with a wooden spoon, scraping up any sticky or crispy bits as you go. Return to the oven for another 2 mins until the gravy starts to bubble. Season to taste and serve with greens or beans.