

Eat The View



Recipes and Tips

Sheet-Pan Sausages and Brussels Sprouts With Honey Mustard

4 servings

- 1 pound fresh sausage, your choices but something with flavour (I chose one with chilli)
- 1 pound brussels sprouts, trimmed and halved lengthwise
- 1 pound small potatoes, like baby Yukon gold or red potatoes, halved
- 2 tablespoons extra-virgin olive oil, plus more as needed
- salt and pepper
- 4 teaspoons honey
- 1 tablespoon wholegrain mustard
- 2 oz almonds or walnuts, chopped (optional) (I used pine nuts and cashews)

Heat oven to 200 degrees, and place a sheet pan in the oven.

Score the sausages in a few places on both sides, making sure not to cut all the way through. Transfer to a large bowl with the brussels sprouts, potatoes and 2 tablespoons olive oil, and stir until coated. (If the mixture seems dry, add a little more oil.) Season with salt and pepper.

Spread the mixture in an even layer on the heated baking sheet, and arrange the vegetables cut-sides down. Roast 15 minutes, until the brussels sprouts and potatoes start to soften. (The sausages will not be cooked through yet.)

Meanwhile, in a small bowl, stir together the honey and mustard.

Drizzle the honey mustard over the sausages and vegetables and toss or shake to coat. Flip the sausages. Sprinkle with nuts, if using. Roast until the sausages are cooked through and the vegetables are golden and tender, another 10 minutes or so. Season to taste with salt and pepper.