

RUMBA – RUMBA SAUSAGE BAKE



Serves: 4
Cooking time: About 40 minutes
Oven temperature: Gas Mark 4, 180°C, 350°F

INGREDIENTS:

450g	(1lb)	Spicy sausages, eg. Pork and chilli sausages
1		Large Spanish style onion, peeled and cut into 4
	thick slices	
1		Large beefsteak tomato, cut in half
1		Red pepper, cut into quarters and seeds removed
1		Green pepper, cut into quarters and seeds removed
2		Sweet potatoes, peeled and cut into thick slices
1-2		Red chillies, halved, seeds removed and cut into
	quarters	
2 x 5mlsp	(2tsp)	Dried cumin
		Seasoning
1-2 x 15mlsp	(1-2tbsp)	Olive oil
		Fresh coriander, chopped to garnish

METHOD:

Preheat oven to Gas Mark 4, 180°C, 350°F.

Place the sausages and vegetables into a large roasting pan. Sprinkle over the cumin and chillies, season and drizzle over the olive oil. Toss around to coat in spice and oil and then arrange in a single layer.

Place in a preheated oven for about 40 minutes until the sausages are golden brown and cooked through, and the vegetables tender and starting to brown.

Serve piled onto a dish with sour cream, fresh coriander and a pinch of cumin.