

## Tray Roasted Butternut, Romanesco and Sausage with Sage Oil

by Healing Family Eats

I love romanesco for its vibrant lime colour and architectural shape. However cauliflower makes a fine replacement, as does broccoli at a pinch.

(serves: 4)

for the sage oil:

3/4 cup mild olive oil

8 sage leaves

for the tray roast:

3 tbsp coconut oil or other solid fat

1 small butternut squash, halved, seeds discarded and cut into wedges (unpeeled)

1 medium romanesco (or cauliflower), cut into small florets

6-8 shallots, peeled but left whole

8 cloves garlic, peeled but left whole

6 large best quality pork sausages, casings removed and torn into 1+1/2 inch pieces

1 bunch black kale (lacinato) leaves, thick spine removed, roughly chopped

12 sage leaves

2 tbsp capers packed in salt, rinsed and dried thoroughly

Preheat oven to 400F. You will need a couple of large trays for this.

Make the sage oil:

Put the olive oil into a small pan with the sage leaves. Turn on the heat and take several minutes to gently warm through the oil - you should be able to put your little finger knuckle in just comfortably. Remove the pan from the heat and set aside to cool down and infuse the sage leaves.

Make the tray roast:

Heat 1+1/2 tbsp of the oil in each tray and divide the squash between the two. Turn the wedges over to coat in the oil and place into the oven for 10 minutes. Next divide the florets, shallots and garlic cloves between the trays, turning quickly in the oil. Bake for 15 minutes then add the sausage pieces, give the pans a shake and turn the squash over. Bake another 15 minutes, adding more coconut oil if you feel it's needed. Now add the kale, sage leaves and capers, making sure to coat them in the oil. Put the trays back into the oven for a final 10 minutes.

Remove the sage leaves from the small pan and pour the oil into a glass jar. Serve the tray roast and allow everyone to drizzle over the sage oil.

