



Seared Turkey Sausage with Apple Chutney and Pickled Apple Quinoa

Total Time: 40-50 minutes Calories per Serving: 680

Serves: 2 people

Chutney is a condiment that contains fruit, vinegar, sugar, and spices.

Want a wine pairing with that? A Pinot Bianco from Italy's Alto Adige region will match the weight of the turkey sausage and complement the apples. Read more here: plated.com/wine

USDA recommends cooking ground turkey to 165° F.



1. Cook Quinoa

Place **quinoa**, **1 cup water**, and a **pinch salt** in a small pot over high heat. Bring to a boil, then reduce heat to low and simmer until water is evaporated and quinoa is tender, about 10 minutes. Remove pot from heat, cover, and set aside.



2. Prepare Ingredients

While quinoa cooks, rinse all produce. Peel **apples**, cut into ½-inch dice, and discard cores. Peel **onion** and mince. Trim and discard skin of **ginger** and mince. Halve **lemon**. Pick **parsley** leaves and roughly chop, discarding stems. In a medium bowl, stir together **¼ of apples** and **½ of onion**. Reserve **2 tablespoons apple cider vinegar**; add remainder to bowl. Set aside to pickle for at least 10 minutes at room temperature.



3. Make Apple Chutney

In a medium pot, stir together **orange juice**, **brown sugar**, **mustard seeds**, **ginger**, **remaining apples**, **remaining onion**, and **reserved apple cider vinegar** over medium-high heat. Bring to a boil, then reduce heat to medium. Simmer, stirring, until liquid is mostly absorbed, 16-19 minutes. Using the back of a spoon, lightly mash **apples** and continue cooking, about 1 minute more. Taste and add **salt** and **pepper** as needed.



4. Sear Sausages

While chutney simmers, heat **1 tablespoon olive oil** in a medium pan over medium heat. Pat **sausages** dry with paper towel. When oil is shimmering, add to pan and sear, turning, until browned all over, about 8 minutes. Add **¼ cup water**, scrape up brown bits from bottom of pan, and cover. Cook until liquid is evaporated and sausages are cooked through, about 3 minutes more.






5. Season Quinoa

While sausages cook, drain **pickled apples** and **onion**. Add to pot with quinoa along with **juice of 1 lemon**, **parsley**, and **1 tablespoon olive oil**. Stir to combine.



6. Plate Sausages

Wipe pan from **sausages** clean and add **hazelnuts** over medium heat. Toast, stirring, until golden and fragrant, 2-3 minutes. Remove from pan and roughly chop. Divide **quinoa** and **apple chutney** evenly between 2 plates, then top with **sausages**. Garnish with **toasted hazelnuts** and serve.

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🔗- RECIPE TIPS

Be sure to read through the entire recipe before you begin cooking. Trust us—you'll be glad you did!

Adding water and covering the pan allows sausages to steam and cook all the way through once it has been seared. Otherwise, you end up with meat that's burnt on the outside and raw on the inside.

📋- INGREDIENTS

- ½ cup quinoa
- 2 Gala apples, divided
- 1 red onion, divided
- ½ inch ginger
- 1 lemon
- ⅓ bunch parsley
- ½ cup apple cider vinegar, divided
- ½ cup orange juice
- 2 tablespoons light brown sugar
- ½ teaspoon mustard seeds
- 12 ounces turkey sausages
- 2 tablespoons whole hazelnuts

🛠- YOU'LL NEED

- small pot with lid
- medium pot
- medium pan with lid

- 2 tablespoons olive oil
- 1¼ cups water
- kosher salt
- black pepper

Questions or comments? Please email help@plated.com or call 855-525-2399.