



UCOOK

Classic Pork Bangers & Mash

with carrots & onion gravy

As the British would say, this dish is 'bang on', Chef! Pork sausages are pan-fried until crispy on the outside, juicy on the inside, and served on a plate with smooth potato mash, plump peas & golden carrots, and a delicious, homemade onion gravy with fresh thyme.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Samantha du Toit

Fan Faves

Bertha Wines | Bertha Semillon

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Ingredients & Prep

200g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
5ml	Beef Stock
5ml	Cornflour
10ml	Worcestershire Sauce
6g	Mixed Herbs <i>(3g Fresh Thyme & 3g Fresh Parsley)</i>
1	Onion <i>peel & roughly slice ½</i>
1	Garlic Clove <i>peel & grate</i>
50g	Peas
120g	Carrot <i>rinse, trim & cut into rounds</i>
180g	Pork Sausages

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Milk (optional)
Butter (optional)

1. MAKE THE MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. STOCK & SLURRY Boil a full kettle. Dilute the stock with 100ml of boiling water. In a bowl, combine the cornflour and the worcestershire sauce to create a slurry. Rinse and separate the mixed herbs. Roughly chop the rinsed parsley. Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and the rinsed thyme sprigs, and fry until fragrant, 1-2 minutes. Add the diluted stock and the worcestershire sauce slurry. Simmer until slightly thickened, 3-4 minutes (stirring regularly). Remove from the heat and discard the thyme sprigs.

3. PEAS & CARROTS Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside. Place a clean pan over medium heat with a drizzle of oil. When hot, fry the carrot rounds until golden, 4-5 minutes (shifting occasionally). Remove from the pan and add to the bowl of peas.

4. PORK SAUSAGES Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sausages until browned and cooked through, 10-15 minutes (shifting as they colour). Remove from the heat and rest in the pan for 5 minutes.

5. BEST OF BRITAIN Plate up the potato mash. Top with the golden sausages and smother in the onion gravy. Side with the carrots & peas. Garnish with the chopped parsley.

Nutritional Information

Per 100g

Energy	419kJ
Energy	100kcal
Protein	4.9g
Carbs	12g
of which sugars	2.8g
Fibre	2.3g
Fat	3.1g
of which saturated	1.4g
Sodium	186mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Soy, Cow's Milk

Eat
Within
2 Days