



UCOOK

Classic Pork Bangers & Mash

with fresh mint & garlic green beans

Sausages shouldn't be confined to the breakfast plate or the braai grid, Chef! We show you why with this fabulous lunch or dinner recipe, featuring browned pork sausages, drenched in a rich homemade gravy. Sided with a silky smooth potato mash, minty beans topped with toasted nuts, and a simple green salad.


Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Jemimah Smith

 Fan Faves

 Domaine Des Dieux | Chardonnay 2019

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Ingredients & Prep

10g	Almonds
250g	Potato Chunks <i>cut into bite-sized pieces</i>
5ml	Chicken Stock
5ml	Cornflour
1	Onion <i>peel & finely slice ½</i>
180g	Pork Sausages
1	Garlic Clove <i>peel & grate</i>
80g	Green Beans <i>rinse, trim & cut in half</i>
3g	Fresh Mint <i>rinse, pick & roughly chop</i>
7,5ml	Tangy Dressing <i>(5ml White Wine Vinegar & 2,5ml Dijon Mustard)</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
50g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Milk (optional)
Butter (optional)

1. MAKE THE MASH Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. 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. HASTE WITH THE PASTE Boil the kettle. Dilute the stock with 150ml of boiling water. Place the cornflour in a small bowl and gradually mix in 5ml of diluted stock until a runny paste forms. Set aside. Place a saucepan over medium heat with a drizzle of oil or a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally).

3. SIMPLY DELISH SAUSAGES Place a clean 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.

4. SAUCY When the onion is caramelised, add ½ the grated garlic to the pan and fry until fragrant, 30-60 seconds (shifting continuously). Whisk in the remaining stock and the cornflour paste. Lower the heat and simmer until thick, 6-8 minutes (stirring occasionally). Season and add a sweetener. Remove from the heat, cover, and set aside.

5. MINTY BEANS Return the pan used for the sausages to medium-high heat with a drizzle of oil (if necessary). When hot, fry the halved green beans until starting to char, 4-5 minutes (shifting constantly). In the final minute, add the remaining grated garlic. Remove from the pan and toss with ½ the chopped mint and ½ the toasted nuts. Season and cover.

6. TANGY SALAD In a salad bowl, combine the tangy dressing with a sweetener, seasoning, and a drizzle of olive oil. Toss through the shredded leaves and the cucumber half-moons. Set aside.

7. FAN FAVOURITE FOR A REASON Serve up the creamy mash topped with the pork bangers. Pour over the gravy. Side with the minty green beans and the dressed salad. Garnish with the remaining mint and nuts.

Nutritional Information

Per 100g

Energy	450kj
Energy	108kcal
Protein	5.2g
Carbs	12g
of which sugars	1.8g
Fibre	2.2g
Fat	4g
of which saturated	1.5g
Sodium	223mg

Allergens

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

Cook
within 2
Days