



UCOOK

Sticky Pork Sausages

with a creamy potato & sweetcorn salad

If you're expecting a stock standard 'bangers & mash' meal, you're in for a pleasant surprise. These dark-golden sausages burst with flavour, and so does the side. Soft potato pieces are coated in a creamy yoghurt-mayo, and loaded with golden pops of corn & sweet-sour gherkins. The sticky sausages are finished with a sprinkling of fresh dill & toasted walnuts. As the British would say, "It's bang on, Chef!"


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

Fan Faves

 Stettyn Wines | Stettyn Family Range Rosé
Chardonnay Pinot Noir 2023

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Ingredients & Prep

200g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
15g	Walnuts <i>roughly chop</i>
50g	Corn
1 unit	Plain Tangy Mayo
40ml	Low Fat Plain Yoghurt
180g	Pork Sausages
1	Onion <i>peel & roughly slice ½</i>
50ml	Mrs Balls Chutney
30g	Gherkins <i>drain & roughly chop</i>
3g	Fresh Dill <i>rinse & roughly chop</i>

From Your Kitchen

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

1. APRON ON, CHEF! Place the potato pieces in a pot of cold, salted water over high heat. Once boiling, reduce the heat and simmer until soft, 10-15 minutes. Drain.

2. NUTS ABOUT WALNUTS Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.

3. POPS OF CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly golden, 3-4 minutes (shifting occasionally). Remove from the pan and season.

4. CREAMY MAYO In a small bowl, combine the mayo, the yoghurt, and seasoning, and set aside.

5. SAUCY SAUSAGES Return the pan to medium heat with a drizzle of oil. When hot, fry the sausages and the sliced onion until the sausages are golden and cooked through, and the onions are caramelised, 10-15 minutes (shifting occasionally). In the final 2-3 minutes, add the chutney and cook until coated and sticky.

6. LOAD IT UP In a salad bowl, combine the cooked potato, the charred corn, the chopped gherkins, seasoning, and the creamy mayo.

7. TIME TO PLATE! Plate up the loaded creamy salad and side with the sticky sausages and onion. Sprinkle over the toasted walnuts and garnish with the chopped dill. Well done, Chef!

Nutritional Information

Per 100g

Energy	728kJ
Energy	174kcal
Protein	5.3g
Carbs	15g
of which sugars	5.9g
Fibre	1.7g
Fat	10g
of which saturated	2.4g
Sodium	248mg

Allergens

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

Eat
Within
2 Days