



Eat Within 2 Days

UCCOOK

Pork Bangers & Potato Bake

with cheese sauce

Hands-on Time: 10 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Piekenierskloof | Grenache Noir 2023

Nutritional Info

	Per 100g	Per Portion
Energy	578kJ	3117kJ
Energy	138kcal	746kcal
Protein	7.4g	40.1g
Carbs	11g	61g
of which sugars	2.6g	14.2g
Fibre	1.5g	8g
Fat	6.1g	33g
of which saturated	3g	16.3g
Sodium	237mg	1279mg

Allergens: Cow's Milk, Egg, Gluten, Wheat, Soy

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Baby Potatoes <i>rinse & halve</i>
180g	360g	Pork Sausages
10ml	20ml	Cake Flour
100ml	200ml	Low Fat UHT Milk
25g	50g	Cheddar Cheese <i>grate</i>
40g	80g	Peas

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Butter

Milk (optional)

Seasoning (salt & pepper)

1. ROAST Preheat the oven to 200°C. Spread the baby potatoes in an oven-proof dish. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). In the final 8-10 minutes, add the fried sausage rounds.

2. BANGERS Place a pan over a medium heat with a drizzle of oil. When hot, fry the sausages until browned but not cooked through, 3-4 minutes per side. Remove from the pan and cut into 1cm thick rounds.

3. HALFWAY When the potatoes have 8-10 minutes remaining, mix in the sausage, then pop back in the oven for the remaining time until cooked through.

4. CHEESE SAUCE Place a small pot over medium heat with 10g [20g] of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, add the cheese, and stir until melted. Season and remove from the heat. Add a splash of water or milk (optional) if the sauce is too thick. Add the peas.

5. BAKE When the roast is done, remove from the oven and mix in the cheese sauce and peas. Return to the oven, or the air fryer (if using), and cook until warmed through, 5-6 minutes.

6. YUM! Plate up the cheesy bake with all the sauce. Dig in, Chef!