



# UCOOK

## Pork Sausages & Gravy

with mashed potato & a lemony side salad

Nothing beats a good ol' plate of bangers and mash. Our version consists of golden pork sausages and a silky onion gravy. Completed by smooth mash and a zesty side salad. Fancy a plate?

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People


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**Chef:** Rhea Hsu

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 **\*NEW Simple & Save**

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 **Vergelegen | Premium Sauvignon Blanc**

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## Ingredients & Prep

600g	Potato <i>peeled &amp; cut into small pieces</i>
540g	Pork Sausages
60ml	Gravy Seasoning <i>(15ml Chicken Stock, 15ml NOMU Provençal Rub &amp; 30ml Cornflour)</i>
2	Onions <i>1½ peeled &amp; thinly sliced</i>
30ml	Lemon Juice
60g	Green Leaves <i>rinsed &amp; roughly shredded</i>

## From Your Kitchen

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

**1. MISH-MASH** Place the potato pieces into a pot of salted water. Bring to the boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

**2. SIZZLING SAUSAGE** Boil the kettle. 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 it colours). Once cooked, remove from the heat and rest in the pan for 5 minutes.

**3. GROOVY GRAVY** In a small bowl, combine the gravy seasoning with 30ml of cold water to form a slurry. While the sausages are cooking, place a saucepan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until golden, 6-7 minutes (shifting occasionally). Pour in 450ml of boiling water and stir through the gravy seasoning slurry. Simmer until thickened, 4-5 minutes. Remove from the heat, stir through a knob of butter (optional), season (if necessary), and cover to keep warm.

**4. SIDE SALAD** In a salad bowl, combine the lemon juice, a drizzle of olive oil, a sweetener, and seasoning. Toss through the shredded green leaves.

**5. DINNER IS SERVED!** Smear the fluffy mash on the plate and top with the seared sausages. Spoon over the onion gravy and serve with the lemony side salad. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	506kj
Energy	121kcal
Protein	6.1g
Carbs	13g
of which sugars	1.7g
Fibre	2g
Fat	4.4g
of which saturated	2g
Sodium	339mg

## Allergens

Allium, Sulphites

Cook  
within 2  
Days