



# UCCOOK

## Banger & Potato Bake

with cheese sauce

Ready for a banging bake recipe, Chef? Baby potatoes are roasted until crispy, mixed with golden rounds of pork sausage and baked in a deliciously cheesy sauce dotted with green peas. Classic!

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**Hands-on Time:** 10 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person


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**Chef:** Hellen Mwanza

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 Simple & Save

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 Doos Wine | Doos Dry Red 3L

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## Ingredients & Prep

200g	Baby Potato <i>rinsed &amp; halved</i>
180g	Pork Sausages
10ml	Cake Flour
1	Low Fat Milk UHT
25g	Cheddar Cheese <i>grated</i>
40g	Peas

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread the halved baby potatoes in an oven-proof dish. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

**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 rounds, 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 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 grated 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 & peas. Return to the oven, or the airfryer (if using), and cook until warmed through, 5-6 minutes.

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



## Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). In the final 8-10 minutes, add the fried sausage rounds.

## Nutritional Information

Per 100g

Energy	575kj
Energy	137kcal
Protein	7.3g
Carbs	11g
of which sugars	2.7g
Fibre	1.5g
Fat	6g
of which saturated	3g
Sodium	232mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Soy

Cook  
within 2  
Days