



UCOOK

Classic Cheat Beef Sausages

with a baby tomato medley, bocconcini balls & pine nut salad

Time to treat yourself to a classic, Chef! Learn to make your own quick & easy beef sausages. Douse them in a luscious gravy and serve them with a roasted butternut mash & a fresh salad. Look no further for your new favourite comfort food recipe!


Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Adventurous Foodie

 Waterford Estate | Waterford Pecan Stream
Pebble Hill 2021

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Ingredients & Prep

250g	Butternut Chunks <i>cut into bite-sized chunks</i>
150g	Free-range Beef Mince
25ml	Sausage Seasoning <i>(15ml Panko Breadcrumbs & 10ml Dried Thyme)</i>
1	Garlic Clove <i>peeled & grated</i>
4g	Fresh Parsley <i>rinsed, picked & finely chopped</i>
10g	Pine Nuts
10ml	Beef Stock
15ml	Gravy Mix <i>(5ml Cornflour & 10ml NOMU One For All Rub)</i>
20g	Green Leaves <i>rinsed</i>
80g	Baby Tomato Medley <i>cut in half</i>
3	Bocconcini Balls <i>drained & torn in half</i>
1	Onion <i>½ peeled & finely diced</i>

From Your Kitchen

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

1. THIS Preheat the oven to 200°C. Place the butternut chunks on a roasting tray. Coat in oil and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway. On completion, place in a bowl with a splash of milk (optional) and a knob of butter (optional). Mash with a fork or potato masher until a rustic mash forms. Season and cover to keep warm.

2. IS In a bowl, combine the mince, the sausage seasoning, the grated garlic, ½ the chopped parsley, ½ an egg, seasoning, and a drizzle of oil. Wet your hands slightly to stop the mixture from sticking to them, and shape into 3 sausages. Set aside in the fridge until frying.

3. GOING Place the pine nuts in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and set aside for serving.

4. TO BE Boil the kettle. Dilute the stock with 100ml of boiling water. Place the gravy mix in a small bowl and gradually mix in 5ml of the diluted stock until a runny paste. Set aside. In a bowl, combine the rinsed green leaves, the halved baby tomatoes, the halved bocconcini balls, a drizzle of oil, and seasoning. Set aside.

5. A DINNER Return the pan to a medium-high heat with a drizzle of oil. When hot, add the sausages and fry for 4-5 minutes or until browned and cooked to your preference. Remove from the pan and cover to keep warm.

6. TO REMEMBER, Return the pan to a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the diced onion and fry for 3-4 minutes until soft, shifting occasionally. Pour in the diluted stock and the diluted gravy mix. Mix until combined and simmer for 3-4 minutes until thickened. Season to taste.

7. CHEF! Plate up the roasted butternut mash. Serve with the sausages. Pour the gravy over the mash & sausages. Side with the fresh salad sprinkled with the toasted pine nuts. Scatter over the remaining parsley. Divine, Chef!



Chef's Tip

If you have an air fryer, why not use it to cook the butternut? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 20-25 minutes until cooked through and crispy.

Nutritional Information

Per 100g

Energy	520kj
Energy	124kcal
Protein	6.6g
Carbs	8g
of which sugars	1.7g
Fibre	1.7g
Fat	6.7g
of which saturated	2.8g
Sodium	98mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts

Cook
within 3
Days