



UCOOK

Bangers, Mash & Gravy

with Irish mashed potato, fresh salad leaves & gravy

These pork sausages are bursting with flavour, while colcannon (an Irish dish of mashed potato & spinach) plus silky gravy completes the feeling of comfort.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney

 Fan Faves

 Waterford Estate | Range Chardonnay 2018

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Ingredients & Prep

| | |
|---------|---|
| 50g | Spinach <i>rinsed & roughly shredded</i> |
| 250g | Potato Chunks <i>cut into bite-sized pieces</i> |
| 7,5ml | Chicken Stock |
| 5ml | Cornflour |
| 1 | Onion <i>½ peeled & finely sliced</i> |
| 180g | Pork Sausages |
| 1 | Garlic Clove <i>peeled & grated</i> |
| 4g | Fresh Chives <i>rinsed & finely chopped</i> |
| 20g | Salad Leaves <i>rinsed & roughly shredded</i> |
| 11,25ml | Tangy Dijon Dressing <i>(7,5ml White Wine Vinegar, 2,5ml Honey & 1,25ml Dijon Mustard)</i> |

From Your Kitchen

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

1. IT'S GETTING HOT IN HERE Place a pot over a medium-high heat with 1-2cm of water covering the base. Once simmering, add in the shredded spinach and pop on a lid. Cook for 2-3 minutes until bright green and softened. Drain on completion and transfer to a bowl. Cover to keep warm and set aside. Add the potato pieces to the pot and submerge in salted water. Cover with a lid and place over a medium-high heat. Once boiling, cook for 10-12 minutes until soft. Drain on completion and return to the pot. Replace the lid and set aside to keep warm.

2. WHILE THE TATERS ARE BUBBLING... Start your gravy! Boil the kettle. Dilute the stock with 150ml of boiling water. Place the cornflour in a small bowl and gradually mix in 5ml of diluted stock until a runny paste forms. Set aside for step 4. Place a saucepan over a medium heat with a drizzle of oil or knob of butter. When hot, fry the sliced onion for 7-8 minutes until caramelised, shifting occasionally.

3. POPPIN' BANGERS While the onion is frying, place a second pan over a medium-high heat with a drizzle of oil. When hot, fry the sausages for 10-15 minutes until dark gold and cooked through, shifting every 2-3 minutes. Once cooked, remove from the heat and allow to rest in the pan for 5 minutes.

4. CREAMY IRISH-STYLE GRAVY When the onion is caramelised, add in the grated garlic and fry for 30-60 seconds until fragrant, shifting continuously. Whisk in the remaining stock and the cornflour paste until well combined. Lower the heat slightly and allow to reduce for 6-8 minutes until thick, stirring occasionally. Season with a sweetener of choice to taste. Remove the saucepan from the heat, cover to keep warm, and set aside for serving.

5. COLCANNON & TANGY LEAVES Add a splash of milk or water to the potato and pop in a knob of butter or coconut oil (optional). Mash with a fork or potato masher until smooth. Mix in the spinach and the chopped chives until combined. Season to taste and set aside for serving. Toss the rinsed salad leaves with the Dijon dressing, a drizzle of oil, and some seasoning.

6. PUB GRUB IS UP! Make a bed of colcannon and top with the juicy pork bangers. Smother in silky gravy and serve with the leaves on the side. Just look at that, Chef!



Chef's Tip

The starch in potatoes makes them brown when exposed to fresh air – this is called oxidation. When peeling and quartering yours, place them in a bowl of salted water as you go to prevent this from happening.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 458kj |
| Energy | 110kcal |
| Protein | 5.5g |
| Carbs | 12g |
| of which sugars | 2g |
| Fibre | 2g |
| Fat | 3.7g |
| of which saturated | 1.6g |
| Sodium | 364mg |

Allergens

Allium, Sulphites

Cook
within 2
Days