

UCCOOK

Bangers, Mash & Gravy

with a fresh salad

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Tess Witney

Nutritional Info	Per 100g	Per Portion
Energy	522kj	3558kj
Energy	125kcal	851kcal
Protein	5.8g	39.3g
Carbs	14g	93g
of which sugars	3.2g	21.6g
Fibre	1.9g	13.2g
Fat	4.6g	31.5g
of which saturated	2g	13.8g
Sodium	301mg	2054mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Potato Chunks <i>cut into bite-sized pieces</i>
15ml	20ml	Chicken Stock
15ml	20ml	Cornflour
30ml	40ml	Worcestershire Sauce
2	2	Onions <i>peel & finely slice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
30g	40g	Pumpkin Seeds
540g	720g	Pork Sausages
8g	10g	Fresh Parsley <i>rinse & roughly chop</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
60g	80g	Danish-style Feta <i>drain</i>
60ml	80ml	Tangy Dijon Dressing <i>(15ml [20ml] White Wine Vinegar, 22,5ml [30ml] Honey & 22,5ml [30ml] Dijon Mustard)</i>

From Your Kitchen

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

1. MAKE THE MASH Place the potato in a pot of salted water. Bring to a 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 (optional). Mash with a fork, season, and cover.

2. WHILE THE TATERS ARE BUBBLING... Boil the kettle. Dilute the stock with 450ml [600ml] of boiling water. In a bowl, combine the cornflour and the Worcestershire sauce to create a slurry. Once all the lumps are mixed out, mix the diluted stock into the slurry. Place a saucepan over a medium heat with a drizzle of oil or knob of butter. When hot, fry the onion for 7-8 minutes until caramelised, shifting occasionally. In the final 1-2 minutes, add the garlic and fry until fragrant. Slowly add the stock slurry to form a gravy, stirring as you add it. Let it simmer and reduce for 4-5 minutes (or until a consistency you like). Season and remove from the heat.

3. INTO THE PAN Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. SIZZLING SAUSAGES Return the 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). Remove from the heat and rest in the pan for 5 minutes.

5. DELISH DINNER Plate up the silky mash, sided with the juicy bangers, garnished with the parsley. Side with the salad leaves, topped with the feta, the pumpkin seeds and the tangy dijon dressing. Enjoy your dinner, Chef!