



# UCCOOK

## Sticky Pork Sausages

with a creamy potato & sweetcorn salad

If you're expecting a stock standard 'bangers & mash' meal, you're in for a pleasant surprise. These dark-golden sausages burst with flavour, and so does the side. Soft potato pieces are coated in a creamy yoghurt-mayo, and loaded with golden pops of corn & sweet-sour gherkins. The sticky sausages are finished with a sprinkling of fresh dill & toasted walnuts. As the British would say, "It's bang on, Chef!"

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People


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**Chef:** Kate Gomba

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Fan Faves

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 Stettyn Wines | Stettyn Family Range Rosé  
Chardonnay Pinot Noir 2023

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## Ingredients & Prep

600g	Potato <i>rinse, peel &amp; cut into bite-sized pieces</i>
45g	Walnuts <i>roughly chop</i>
150g	Corn
3 units	Plain Tanga Mayo
125ml	Low Fat Plain Yoghurt
540g	Pork Sausages
2	Onions <i>peel &amp; roughly slice 1½</i>
150ml	Mrs Balls Chutney
90g	Gherkins <i>drain &amp; roughly chop</i>
8g	Fresh Dill <i>rinse &amp; roughly chop</i>

## From Your Kitchen

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

**1. APRON ON, CHEF!** Place the potato pieces in a pot of cold, salted water over high heat. Once boiling, reduce the heat and simmer until soft, 20-25 minutes. Drain.

**2. NUTS ABOUT WALNUTS** Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.

**3. POPS OF CORN** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly golden, 4-5 minutes (shifting occasionally). Remove from the pan and season.

**4. CREAMY MAYO** In a small bowl, combine the mayo, the yoghurt, and seasoning, and set aside.

**5. SAUCY SAUSAGES** Return the pan to medium heat with a drizzle of oil. When hot, fry the sausages and the sliced onion until the sausages are golden and cooked through, and the onions are caramelised, 10-15 minutes (shifting occasionally). In the final 2-3 minutes, add the chutney and cook until coated and sticky.

**6. LOAD IT UP** In a salad bowl, combine the cooked potato, the charred corn, the chopped gherkins, seasoning, and the creamy mayo.

**7. TIME TO PLATE!** Plate up the loaded creamy salad and side with the sticky sausages and onion. Sprinkle over the toasted walnuts and garnish with the chopped dill. Well done, Chef!

## Nutritional Information

Per 100g

Energy	728kJ
Energy	174kcal
Protein	5.3g
Carbs	15g
of which sugars	5.9g
Fibre	1.7g
Fat	10g
of which saturated	2.4g
Sodium	248mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Tree Nuts, Soy, Cow's Milk

Eat  
Within  
2 Days