



UCCOOK

Pork Banger Cottage Pie

with peas & carrot chunks

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Zevenwacht | Estate Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	399kJ	2977kJ
Energy	95kcal	712kcal
Protein	4.7g	35.3g
Carbs	11g	86g
of which sugars	2.8g	21.2g
Fibre	2.3g	17.1g
Fat	3g	22.5g
of which saturated	1.3g	10g
Sodium	186mg	1392mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Soy

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
180g	360g	Pork Sausages
1	1	Onion <i>peel & roughly dice ½ [1]</i>
120g	120g	Carrot <i>rinse, trim, peel & cut into small bite-sized pieces</i>
5ml	10ml	NOMU BBQ Rub
3g	5g	Fresh Rosemary <i>rinse & pick</i>
50g	100g	Cooked Chopped Tomato
40g	80g	Peas

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Milk (optional)
Butter (optional)
Seasoning (salt & pepper)

1. MAKE THE MASH Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Place the roasted potato in a bowl with a knob of butter and a splash of water or milk. Mash with a fork and cover.

2. BANG-ON BANGER SAUSAGES Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sausages until browned and partially cooked, 3-4 minutes (shifting as it colours). Remove from the heat and rest in the pan and slice.

3. SENSATIONAL VEG SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the onion and carrots until golden, 4-5 minutes (shifting occasionally). Add the NOMU rub, ½ the rosemary and fry until fragrant, 1-2 minutes. Add the cooked chopped tomatoes and 100ml [200ml] of water. Simmer until the carrots have softened and slightly reduced, 6-8 minutes. Add the peas, the sausage, a sweetener (to taste), and seasoning.

4. A CRACKING COTTAGE PIE Spoon the banger mixture into an ovenproof dish and evenly spread over the mash. Garnish with the remaining rosemary. Bake in the hot oven until the topping is golden, 7-8 minutes. Serve and enjoy.