



UCCOOK

Chutney Pork Sausages

with a creamy potato & sweetcorn salad

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterford Estate | Waterford Chardonnay

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|-----------|-------------|
| Energy | 621.7kJ | 4563.1kJ |
| Energy | 148.7kcal | 1091.5kcal |
| Protein | 5.1g | 37.7g |
| Carbs | 15.1g | 110.8g |
| of which sugars | 6.1g | 44.7g |
| Fibre | 1.4g | 10.1g |
| Fat | 6.9g | 50.9g |
| of which saturated | 1.9g | 14g |
| Sodium | 249.6mg | 1832.2mg |

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 200g | 400g | Potato Chunks |
| 50g | 100g | Corn |
| 100ml | 200ml | Yoghurt & Mayo (50ml [100ml] Hellmann's Tangy Mayonnaise & 50ml [100ml] Low Fat Plain Yoghurt) |
| 30g | 60g | Gherkins <i>drain & roughly chop</i> |
| 180g | 360g | Pork Sausages |
| 75g | 150g | Sliced Onions |
| 50ml | 100ml | Mrs Balls Chutney |
| 15g | 30g | Walnuts <i>roughly chop</i> |
| 3g | 5g | Fresh Dill <i>rinse & roughly chop</i> |

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

1. APRON ON, CHEF! Place the potato in a pot of cold, salted water over high heat. Once boiling, reduce the heat and simmer until soft, 15-20 minutes. Drain.

2. POPS OF CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly golden, 3-4 minutes (shifting occasionally). Remove from the pan and season. In a small bowl, combine the yoghurt and mayo, and seasoning. When the potato is done, add the mayo dressing, along with the corn and the gherkins. Mix to combine and set aside.

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

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

Chef's Tip Place the walnuts in a pan over medium heat. Toast until golden brown, 3-5 minutes (shifting occasionally). Remove from the pan and set aside.