



UCOOK

Bangers & Potato Bake

with cheese sauce

Ready for a banging bake recipe, Chef? Baby potatoes are roasted until crispy, mixed with golden rounds of pork sausage and baked in a deliciously cheesy sauce dotted with green peas. Classic!


Hands-on Time: 30 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Hellen Mwanza

 ***NEW Simple & Save**

 Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc

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Ingredients & Prep

800g	Baby Potato <i> rinsed & halved</i>
720g	Pork Sausages
40ml	Cake Flour
400ml	Low Fat Fresh Milk
120g	Cheddar Cheese <i>grated</i>
160g	Peas

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. BANGERS Place a pan over a medium heat with a drizzle of oil. When hot, fry the sausages until browned but not cooked through, 3-4 minutes per side. Remove from the pan and cut into 1cm thick rounds.

3. HALFWAY When the potatoes have 8-10 minutes remaining, mix in the sausage rounds, then pop back in the oven for the remaining time until cooked through.

4. CHEESE SAUCE Place a small pot over a medium heat with 40g of butter. Once melted, vigorously mix in the flour to form the roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, add the grated cheese, and stir until melted. Season and remove from the heat. Add a splash of water or milk if the sauce is too thick. Add the peas.

5. BAKE When the roast is done, remove from the oven and mix in the cheese sauce & peas. Return to the oven, or the airfryer (if using), and cook until warmed through, 5-6 minutes.

6. YUM! Plate up the cheesy bake with all the sauce. Dig in, Chef!



Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). In the final 8-10 minutes, add the fried sausage rounds. When completed, refer to Step 5.

Nutritional Information

Per 100g

Energy	584kJ
Energy	140kcal
Protein	7.5g
Carbs	11g
of which sugars	2.7g
Fibre	1.4g
Fat	6.3g
of which saturated	3.1g
Sodium	235mg

Allergens

Gluten, Dairy, Wheat

Cook
within 1
Day