



UCOOK

Pork Banger Cottage Pie

with peas & carrot chunks

My, my, we're making a pie that's better than anything you can buy and will make you sigh when you try... our UCOOK take on a classic cottage pie! Fried rounds of pork bangers, plump peas, onions & carrots are coated in a rich, rosemary-infused tomato sauce. Topped with a golden dome of mashed potato.

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jade Summers

Simple & Save

Paul Cluver | Village Pinot Noir 2022

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Ingredients & Prep

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

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Milk (optional)
Butter (optional)

1. MAKE THE MASH Preheat the oven to 200°C. Spread the potato pieces 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 diced onion and the diced carrots until golden, 4-5 minutes (shifting occasionally). Add the NOMU rub, ½ the picked rosemary and fry until fragrant, 1-2 minutes. Add the cooked chopped tomatoes and 100ml of water. Simmer until the carrots have softened and slightly reduced, 6-8 minutes. Add the peas, the sausage rounds, 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.

Nutritional Information

Per 100g

Energy	399kj
Energy	95kcal
Protein	4.7g
Carbs	11g
of which sugars	2.8g
Fibre	2.3g
Fat	3g
of which saturated	1.3g
Sodium	186mg

Allergens

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

Eat
Within
2 Days