

UCCOOK

Bangers, Mash & Gravy

with a fresh salad

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Tess Witney

Nutritional Info

	Per 100g	Per Portion
Energy	522kj	3558kj
Energy	125kcal	851kcal
Protein	5.8g	39.3g
Carbs	14g	93g
of which sugars	3.2g	21.6g
Fibre	1.9g	13.2g
Fat	4.6g	31.5g
of which saturated	2g	13.8g
Sodium	301mg	2054mg

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

Spice Level: None

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Potato Chunks <i>cut into bite-sized pieces</i>
5ml	10ml	Chicken Stock
5ml	10ml	Cornflour
10ml	20ml	Worcestershire Sauce
1	1	Onion <i>peel & finely slice ½ [1]</i>
1	1	Garlic Clove <i>peel & grate</i>
10g	20g	Pumpkin Seeds
180g	360g	Pork Sausages
3g	5g	Fresh Parsley <i>rinse & roughly chop</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Danish-style Feta <i>drain</i>
20ml	40ml	Tangy Dijon Dressing <i>(5ml [10ml] White Wine Vinegar, 7,5ml [15ml] Honey & 7,5ml [15ml] Dijon Mustard)</i>

From Your Kitchen

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

1. MAKE THE MASH Place the potato in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. WHILE THE TATERS ARE BUBBLING... Boil the kettle. Dilute the stock with 150ml [300ml] of boiling water. In a bowl, combine the cornflour and the Worcestershire sauce to create a slurry. Once all the lumps are mixed out, mix the diluted stock into the slurry. Set aside for later. Place a saucepan over a medium heat with a drizzle of oil or knob of butter. When hot, fry the onion for 7-8 minutes until caramelised, shifting occasionally. In the final 1-2 minutes, add the garlic and fry until fragrant. Slowly add the stock slurry to form a gravy, stirring as you add it. Let it simmer and reduce for 3-4 minutes (or until a consistency you like). Season and remove from the heat.

3. INTO THE PAN Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. SIZZLING SAUSAGES Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sausages until browned and cooked through, 10-15 minutes (shifting as it colours). Remove from the heat and rest in the pan for 5 minutes.

5. DELISH DINNER Plate up the silky mash. Side with the bangers, drizzle over the gravy and garnish with the parsley. Side with the salad leaves, top with the feta, the pumpkin seeds and the tangy dijon dressing. Enjoy your dinner, Chef!