



UCOOK

Pork Sausage & Apple-sage Sauce

with mustard mash & green salad

Apple and pork are flavour matches that were meant to be, Chef! Add dijon mustard mash, perfectly browned pork sausages with silky onion, and a sage-infused butter with notes of apple, plus a feta, toasted almond, baby tomatoes & greens salad, and you have culinary serendipity.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

Adventurous Foodie

Bertha Wines | Bertha Semillon 2022

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Ingredients & Prep

200g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
15ml	Wholegrain Mustard
10g	Almonds <i>roughly chop</i>
180g	Pork Sausages
1	Onion <i>peel & thinly slice ½</i>
80g	Baby Tomatoes <i>rinse & cut into quarters</i>
20g	Green Leaves <i>rinse</i>
40g	Danish-style Feta <i>drain</i>
10ml	Balsamic Vinegar
1	Apple <i>rinse, peel, core & cut ½ into small cubes</i>
3g	Fresh Sage <i>rinse</i>

From Your Kitchen

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

1. MUSTARD MASH Place the potato pieces 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), the mustard (to taste), and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. A IS FOR ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. PERFECT PORK SAUSAGES Return the pan to medium heat with a drizzle of oil. When hot, fry the sausages until browned and cooked through, 10-15 minutes (shifting as it colours). At the halfway mark, add the sliced onion and fry until golden, 4-5 minutes (shifting occasionally). Remove from the pan and set aside.

4. NUTTY FETA SALAD To a salad bowl, add the quartered tomatoes. Toss with the rinsed leaves, the drained feta, ½ the toasted nuts, the balsamic vinegar, a drizzle of olive oil, and seasoning.

5. AMAZING APPLE BUTTER Return the pan to medium-high heat with a drizzle of oil. When hot, fry the apple cubes until charred and softening, 3-4 minutes (shifting occasionally). Add 30g of butter. Once foaming, fry the sage leaves until crispy, 1-2 minutes per side. (To make this easier, use tongs if you have them!) Drain on paper towel. Reserve the sage & apple-infused butter for serving.

6. SENSATIONALLY SCRUMPTIOUS Serve up the mustard mash and top with the pork sausages & charred onions. Top with the softened apples and drizzle over the reserved apple & sage burnt butter. Garnish with the crispy sage leaves. Plate the fresh salad on the side and scatter with the remaining nuts.

Nutritional Information

Per 100g

Energy	463kj
Energy	111kcal
Protein	4.8g
Carbs	11g
of which sugars	3.7g
Fibre	2.3g
Fat	4.8g
of which saturated	2g
Sodium	187mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Tree Nuts, Soy, Cow's Milk

Eat
Within
2 Days