



# 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 &amp; 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 &amp; 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.