

UCCOOK

Sticky 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: Doos Wine | Doos Dry White 3L

Nutritional Info	Per 100g	Per Portion
Energy	723kJ	5210kJ
Energy	173kcal	1246kcal
Protein	5.1g	36.6g
Carbs	15g	105g
of which sugars	6.2g	44.6g
Fibre	1.4g	10g
Fat	9.9g	71.2g
of which saturated	2.4g	17.3g
Sodium	211mg	1519mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato Chunks <i>cut into bite-sized chunks</i>
50g	100g	Corn
50ml	100ml	Hellmann's Tangy Mayonnaise
40ml	80ml	Low Fat Plain Yoghurt
30g	60g	Gherkins <i>drain & 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 & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. APRON ON, CHEF! Place the potato pieces in a pot of cold, salted water over high heat. Once boiling, reduce the heat and simmer until soft, 10-15 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 mayo, the yoghurt, and the 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 gold 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.