



UCOOK

Pork Sausages & Gravy

with mashed potato & a lemony side salad

Nothing beats a good ol' plate of bangers and mash. Our version consists of golden pork sausages and a silky onion gravy. Completed by smooth mash and a zesty side salad. Fancy a plate?


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Rhea Hsu

 ***NEW Simple & Save**

 **Vergelegen | Premium Sauvignon Blanc**

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

400g	Potato <i>peeled & cut into small pieces</i>
360g	Pork Sausages
40ml	Gravy Seasoning <i>(10ml Chicken Stock, 10ml NOMU Provençal Rub & 20ml Cornflour)</i>
1	Onion <i>peeled & thinly sliced</i>
20ml	Lemon Juice
40g	Green Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. MISH-MASH Place the potato pieces into a pot of salted water. Bring to the 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. Mash with a fork, season, and cover.

2. SIZZLING SAUSAGE Boil the kettle. Place a pan over 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). Once cooked, remove from the heat and rest in the pan for 5 minutes.

3. GROOVY GRAVY In a small bowl, combine the gravy seasoning with 20ml of cold water to form a slurry. While the sausages are cooking, place a saucepan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until golden, 5-6 minutes (shifting occasionally). Pour in 300ml of boiling water and stir through the gravy seasoning slurry. Simmer until thickened, 3-4 minutes. Remove from the heat, stir through a knob of butter (optional), season (if necessary), and cover to keep warm.

4. SIDE SALAD In a salad bowl, combine the lemon juice, a drizzle of olive oil, a sweetener, and seasoning. Toss through the shredded green leaves.

5. DINNER IS SERVED! Smear the fluffy mash on the plate and top with the seared sausages. Spoon over the onion gravy and serve with the lemony side salad. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	506kj
Energy	121kcal
Protein	6.1g
Carbs	13g
of which sugars	1.7g
Fibre	2g
Fat	4.4g
of which saturated	2g
Sodium	339mg

Allergens

Allium, Sulphites

Cook
within 2
Days