



# UCOOK

## Classic Cheat Beef Sausages

with a baby tomato medley, bocconcini balls & pine nut salad

Time to treat yourself to a classic, Chef! Learn to make your own quick & easy beef sausages. Douse them in a luscious gravy and serve them with a roasted butternut mash & a fresh salad. Look no further for your new favourite comfort food recipe!

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**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People


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**Chef:** Thea Richter

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 Adventurous Foodie

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 Waterford Estate | Waterford Pecan Stream  
Pebble Hill 2021

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## Ingredients & Prep

750g	Butternut Chunks <i>cut into bite-sized chunks</i>
450g	Free-range Beef Mince
75ml	Sausage Seasoning <i>(45ml Panko Breadcrumbs &amp; 30ml Dried Thyme)</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
12g	Fresh Parsley <i>rinsed, picked &amp; finely chopped</i>
30g	Pine Nuts
30ml	NOMU Beef Stock
45ml	Gravy Mix <i>(15ml Cornflour &amp; 30ml NOMU One For All Rub)</i>
60g	Green Leaves <i>rinsed</i>
240g	Baby Tomato Medley <i>cut in half</i>
9	Bocconcini Balls <i>drained &amp; torn in half</i>
2	Onions <i>1½ peeled &amp; finely diced</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Egg/s  
Milk (optional)  
Butter (optional)

**1. THIS** Preheat the oven to 200°C. Place the butternut chunks on a roasting tray. Coat in oil and season. Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway. On completion, place in a bowl with a splash of milk (optional) and a knob of butter (optional). Mash with a fork or potato masher until a rustic mash forms. Season and cover to keep warm.

**2. IS** In a bowl, combine the mince, the sausage seasoning, the grated garlic, ½ the chopped parsley, 1½ eggs, seasoning, and a drizzle of oil. Wet your hands slightly to stop the mixture from sticking to them, and shape into 3 sausages per portion. Set aside in the fridge until frying.

**3. GOING** Place the pine nuts in a large pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and set aside for serving.

**4. TO BE** Boil the kettle. Dilute the stock with 300ml of boiling water. Place the gravy mix in a small bowl and gradually mix in 15ml of the diluted stock until a runny paste. Set aside. In a bowl, combine the rinsed green leaves, the halved baby tomatoes, the halved bocconcini balls, a drizzle of oil, and seasoning. Set aside.

**5. A DINNER** Return the pan to a medium-high heat with a drizzle of oil. When hot, add the sausages and fry for 4-5 minutes or until browned and cooked to your preference. You may need to do this step in batches. Remove from the pan and cover to keep warm.

**6. TO REMEMBER,** Return the pan to a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the diced onion and fry for 4-6 minutes until soft, shifting occasionally. Pour in the diluted stock and the diluted gravy mix. Mix until combined and simmer for 4-5 minutes until thickened. Season to taste.

**7. CHEF!** Plate up the roasted butternut mash. Serve with the sausages. Pour the gravy over the mash & sausages. Side with the fresh salad sprinkled with the toasted pine nuts. Scatter over the remaining parsley. Divine, Chef!



## Chef's Tip

If you have an air fryer, why not use it to cook the butternut? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 20-25 minutes until cooked through and crispy.

## Nutritional Information

Per 100g

Energy	520kj
Energy	124kcal
Protein	6.6g
Carbs	8g
of which sugars	1.7g
Fibre	1.7g
Fat	6.7g
of which saturated	2.8g
Sodium	98mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,  
Tree Nuts

Cook  
within 3  
Days