



# UCCOOK

## Bangers, Mash & Gravy

with a fresh salad

**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Tess Witney

**Wine Pairing:** Muratie Wine Estate | Muratie Laurens  
Campher Chenin Blanc

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 522kJ    | 3558kJ      |
| Energy             | 125kcal  | 851kcal     |
| Protein            | 5.8g     | 39.3g       |
| Carbs              | 14g      | 93g         |
| of which sugars    | 3.2g     | 21.6g       |
| Fibre              | 1.9g     | 13.2g       |
| Fat                | 4.6g     | 31.5g       |
| of which saturated | 2g       | 13.8g       |
| Sodium             | 301mg    | 2054mg      |

**Allergens:** Sulphites, Egg, Gluten, Wheat, Cow's Milk,  
Soya, Allium

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                                                                                    |
|----------|------------|------------------------------------------------------------------------------------------------------------------------------------|
| 750g     | 1000g      | Potato Chunks                                                                                                                      |
| 15ml     | 20ml       | Chicken Stock                                                                                                                      |
| 15ml     | 20ml       | Cornflour                                                                                                                          |
| 30ml     | 40ml       | Worcestershire Sauce                                                                                                               |
| 2        | 2          | Onions<br><i>peel &amp; finely slice 1½ [2]</i>                                                                                    |
| 2        | 2          | Garlic Cloves<br><i>peel &amp; grate</i>                                                                                           |
| 30g      | 40g        | Pumpkin Seeds                                                                                                                      |
| 540g     | 720g       | Pork Sausages                                                                                                                      |
| 8g       | 10g        | Fresh Parsley<br><i>rinse &amp; roughly chop</i>                                                                                   |
| 60g      | 80g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>                                                                                   |
| 60g      | 80g        | Danish-style Feta<br><i>drain</i>                                                                                                  |
| 60ml     | 80ml       | Tangy Dijon Dressing<br><i>(15ml [20ml] White Wine<br/>Vinegar, 22,5ml [30ml]<br/>Honey &amp; 22,5ml [30ml]<br/>Dijon Mustard)</i> |

## From Your Kitchen

Oil (cooking, olive OR coconut)  
Seasoning (Salt & Pepper)  
Water  
Butter (optional)  
Milk (optional)

**1. MAKE THE MASH** Place the potato in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

**2. WHILE THE TATERS ARE BUBBLING...** Boil the kettle. Dilute the stock with 450ml [600ml] of boiling water. In a bowl, combine the cornflour and the Worcestershire sauce to create a slurry. Once all the lumps are mixed out, mix the diluted stock into the slurry. Place a saucepan over a medium heat with a drizzle of oil or knob of butter. When hot, fry the onion for 7-8 minutes until caramelised, shifting occasionally. In the final 1-2 minutes, add the garlic and fry until fragrant. Slowly add the stock slurry to form a gravy, stirring as you add it. Let it simmer and reduce for 4-5 minutes (or until a consistency you like). Season and remove from the heat.

**3. INTO THE PAN** Place the pumpkin seeds in a clean pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. SIZZLING SAUSAGES** Return the 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). Remove from the heat and rest in the pan for 5 minutes.

**5. DELISH DINNER** Plate up the silky mash, sided with the juicy bangers, garnished with the parsley. Side with the salad leaves, topped with the feta, the pumpkin seeds and the tangy dijon dressing. Enjoy your dinner, Chef!