



UCCOOK

Chutney Pork Sausages

with a creamy potato & sweetcorn salad

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

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 3	[Serves 4]	
600g	800g	Potato Chunks
150g	200g	Corn
300ml	400ml	Yoghurt & Mayo <i>(150ml [200ml] Hellmann's Tangy Mayonnaise & 150ml [200ml] Low Fat Plain Yoghurt)</i>
90g	120g	Gherkins <i>drain & roughly chop</i>
540g	720g	Pork Sausages
225g	300g	Sliced Onions
150ml	200ml	Mrs Balls Chutney
45g	60g	Walnuts <i>roughly chop</i>
8g	10g	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 in a pot of cold, salted water over high heat. Once boiling, reduce the heat and simmer until soft, 20-25 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, 4-5 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.