



QCOOK

Creamy Pork Banger Pasta

with baby spinach & sun-dried tomatoes

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Chantelle Koekemoer

Wine Pairing: Zevenwacht | The Tin Mine White

Nutritional Info	Per 100g	Per Portion
Energy	607kJ	3750kJ
Energy	145kcal	897kcal
Protein	7.1g	43.9g
Carbs	18g	110g
of which sugars	4g	24.6g
Fibre	1.8g	10.9g
Fat	5g	30.8g
of which saturated	2.1g	13.2g
Sodium	194mg	1200mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75g	150g	Penne Pasta
180g	360g	Pork Sausages
1	1	Onion <i>peel & roughly slice ½ [1]</i>
1	1	Garlic Clove
15ml	30ml	Tomato Paste
20ml	40ml	Smoky Flour <i>(5ml [10ml] Paprika & 15ml [30ml] Flour)</i>
150ml	300ml	Full Cream UHT Milk
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
20g	40g	Baby Spinach <i>rinse</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter

- 1. BOIL THE PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserve some of the pasta water, and toss through a drizzle of olive oil.
- 2. PORK BANGERS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the bangers until browned but not cooked through, 3-5 minutes (shifting as it colours). Remove from the heat and cut into bite-sized chunks.
- 3. CREAMY MOMENT** Return the pan to medium-high heat with a drizzle of oil if necessary. Fry the onion until soft and lightly golden, 4-6 minutes. Add a knob of butter, garlic, tomato paste, and smoky flour. Fry until fragrant, 1-2 minutes. Whisk in the milk until incorporated. Add the bangers and simmer until the bangers are cooked through, 3-5 minutes. Mix in the pasta, sun-dried tomatoes, and the spinach. Cook until combined, and the spinach is wilted, 2-3 minutes. Loosen with pasta water if it's too thick. Remove from the heat and season.
- 4. DINNER IS READY** Bowl up the creamy pork banger pasta and dig in, Chef!