



UCOOK

Pork Banger Spanish Bean Delight

with toasted ciabattini slices

Your claim to culinary fame is inspired by Spain, Chef! Pan-roasted pork bangers, bursting with flavour, are surrounded by a rich tomato sauce layered with NOMU Spanish Rub spices, golden onions & carrots, and kidney beans. Scoop up every last drop with crispy ciabattini slices.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

Simple & Save

 Cathedral Cellar Wines | Cathedral Cellar-
Chardonnay 2022

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Ingredients & Prep

180g	Pork Sausages
120g	Carrot <i>rinse, trim, peel & cut into small bite-sized pieces</i>
1	Onion <i>peel & roughly slice</i>
20ml	Tomato Paste
10ml	NOMU Spanish Rub
60g	Kidney Beans <i>drain & rinse</i>
1	Ciabattini <i>cut into slices</i>

From Your Kitchen

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

1. PORK BANGERS 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 they colour). Remove from the heat and rest in the pan for 5 minutes.

2. SAUCE Return the pan to medium heat with a drizzle of oil, if necessary. When hot, fry the carrot pieces and the sliced onion until lightly golden, 4-5 minutes. Add the tomato paste and the NOMU rub, and fry until fragrant, 1-2 minutes. Mix in 150ml of water, and simmer until the carrots are soft, 10-12 minutes. In the final 2-3 minutes, add the rinsed beans and the browned bangers, and cook until warmed through. Remove from the heat, add a sweetener, and season.

3. TOAST Spread butter or oil over the ciabattini slices. Place a pan over medium heat. When hot, toast the slices until golden, 30-60 seconds per side.

4. TIME TO EAT Plate up the loaded bangers and side with the toasted ciabattini. Well done, Chef!



Chef's Tip

Air fryer method: Lightly coat the bangers with oil and slightly pierce with a fork or knife. Air fry at 180°C until cooked through, 12-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	613kJ
Energy	147kcal
Protein	7.3g
Carbs	17g
of which sugars	3.3g
Fibre	2.9g
Fat	4.6g
of which saturated	1.8g
Sodium	371mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Soy, Cow's Milk

Eat
Within
2 Days