



# QCOOK

## Creamy Pork Banger Pasta

with baby spinach & sun-dried tomatoes

**Hands-on Time:** 20 minutes

**Overall Time:** 30 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<br><i>peel &amp; roughly slice ½ [1]</i>                     |
| 1        | 1          | Garlic Clove   |
| 15ml     | 30ml       | Tomato Paste   |
| 20ml     | 40ml       | Smoky Flour<br><i>(5ml [10ml] Paprika &amp; 15ml [30ml] Flour)</i> |
| 150ml    | 300ml      | Full Cream UHT Milk  |
| 20g      | 40g        | Sun-dried Tomatoes<br><i>roughly chop</i>                          |
| 20g      | 40g        | Baby Spinach<br><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!