

# QCOOK

## Classic Pork Bangers & Roast Butternut

with a cucumber salad

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Creation Wines | Creation Chardonnay

<b>Nutritional Info</b>	Per 100g	Per Portion
Energy	476kJ	3186kJ
Energy	114kcal	762kcal
Protein	4.9g	33g
Carbs	10g	64g
of which sugars	2.9g	19.6g
Fibre	1.7g	11.3g
Fat	5.2g	34.8g
of which saturated	1.7g	11.1g
Sodium	339mg	2270mg

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

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Butternut Chunks
540g	720g	Pork Sausages
15ml	20ml	Cornflour
225g	300g	Diced Onion
2	2	Garlic Cloves <i>peel &amp; grate</i>
22,5ml	30ml	NOMU Italian Rub
30ml	40ml	Worcestershire Sauce
15ml	20ml	Chicken Stock
120g	160g	Salad Leaves <i>rinse &amp; roughly shred</i>
300g	400g	Cucumber <i>rinse &amp; cut into half-moons</i>
125ml	160ml	Honey Mustard Dressing
30g	40g	Pumpkin Seeds

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Milk (optional)  
Butter (optional)

- 1. ROAST** Coat the butternut in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Alternatively, roast in the oven at 200°C until golden, 30-35 minutes (shifting halfway).
- 2. PORK SAUSAGES** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the bangers until browned and but not cooked through, 4-6 minutes (shifting as it colours). Remove from the pan.
- 3. JUST BEFORE SERVING** Combine the cornflour with 300ml [400ml] of water. Return the pan to medium with a drizzle of oil if necessary. Fry the onion until soft, 4-5 minutes (shifting occasionally). Add the garlic, NOMU rub, worcestershire sauce, and chicken stock. Fry until fragrant, 2-3 minutes. Mix in the cornflour mixture and the bangers. Simmer until the bangers are cooked through and the gravy is thickening, 6-8 minutes. Remove from the heat and season.
- 4. DINNER IS READY** In a bowl, combine the salad leaves, cucumber, mustard dressing, and season. Dish up the roasted butternut, side with the bangers, and serve alongside the salad. Sprinkle over the pumpkin seeds, and dig in, Chef!

**Chef's Tip** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.