



UCCOOK

Creamy Pork Banger Stew

with potato chunks & basmati rice

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Tiisetso Maema

Wine Pairing: Muratie Wine Estate | Muratie Laurens
Campher Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	616kJ	4019kJ
Energy	147kcal	962kcal
Protein	5.8g	38.2g
Carbs	19g	122g
of which sugars	1.8g	11.7g
Fibre	1.8g	11.6g
Fat	5g	32.5g
of which saturated	2.5g	16.3g
Sodium	311mg	2028mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	White Basmati Rice
180g	360g	Pork Sausages
1	1	Onion <i>peel & finely dice ½ [1]</i>
200g	400g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
10ml	20ml	Chicken Stock
30ml	60ml	Crème Fraîche
20g	40g	Spinach <i>rinse</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. BEGIN THE BASMATI Place the rice in a pot with 100ml [200ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. SUPERB SAUSAGES Place a pan over medium-high heat with a drizzle of oil. When hot, fry the bangers until browned and cooked through, 10-15 minutes (shifting as it colours). Remove from the pan and rest for 5 minutes. Once rested, cut into bite-sized pieces.

3. SILKY ONION Return the pan to the heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add in the sliced pork bangers back in the pan.

4. HOT POTATO Add in the potatoes, and let them brown for 2-3 minutes. Add in the chicken stock with 150ml [300ml] of water and let that simmer for 12-15 minutes.

5. CREAMY & EARTHY Lower the heat and add in the crème fraîche. Allow this to simmer until the sauce is slightly reduced and thickened for 3-4 minutes. In the final 1-2 minutes, add in the baby spinach and allow to cook. Remove from the heat and season.

6. SHEW, WHAT A STEW! Bowl up the rice and creamy pork banger stew alongside it, sprinkle with fresh parsley. Well done, Chef!

Chef's Tip