



# UCCOOK

## Chicken Banger & Lentil Stew

with crispy ciabatta slices

**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Piekenierskloof | Grenache blanc 2024

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 378kJ    | 2036kJ      |
| Energy             | 90kcal   | 487kcal     |
| Protein            | 4g       | 21.6g       |
| Carbs              | 17g      | 89g         |
| of which sugars    | 2.8g     | 15.1g       |
| Fibre              | 3.1g     | 16.7g       |
| Fat                | 0.8g     | 4.4g        |
| of which saturated | 0g       | 0.2g        |
| Sodium             | 180mg    | 966mg       |

**Allergens:** Sulphites, Gluten, Wheat, Soya, Allium

**Spice Level:** None

Eat Within 1 Day

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                        |
|----------|------------|--------------------------------------------------------|
| 540g     | 720g       | Chicken Bangers                                        |
| 2        | 2          | Onions<br><i>peel &amp; finely slice 1½ [2]</i>        |
| 30ml     | 40ml       | NOMU Moroccan Rub                                      |
| 150ml    | 200ml      | Tomato Passata                                         |
| 180g     | 240g       | Tinned Lentils<br><i>drain &amp; rinse</i>             |
| 3        | 4          | Ciabatta Rolls                                         |
| 8g       | 10g        | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i> |

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Sugar/Sweetener/Honey

Water

Butter (optional)

**1. CHICKEN SAUSAGE** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sausages until browned but not cooked through, 2-3 minutes per side. Remove from the heat and cut into 1cm rounds. Remove from the pan and set aside.

**2. STEW** Return the pan to medium heat with a drizzle of oil if necessary. Fry the onion until soft, 5-6 minutes. Mix in the NOMU rub and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 450ml [600ml] of water. Simmer until slightly thickening and saucy, 10-12 minutes. In the final 5-6 minutes, mix in the sausage rounds and the lentils. Remove from the heat, add a sweetener (to taste) and seasoning.

**3. TOAST** Slice the ciabatta square into 2-3cm thin slices. Spread butter (optional) or oil over the slices. Place a clean pan over medium heat. When hot, toast the ciabatta slices until golden, 1-2 minutes per side.

**4. DINNER IS READY** Plate up the stew, side with the ciabatta slices, and sprinkle over the parsley. Enjoy, Chef!