

UCOOK

Savoury Pork Sausage Stew

with basmati rice

It's the most flavourful fry-up turned into a sensational stew for dinner, Chef! Salty bacon is fried with pork sausage, silky onion & bell peppers. These are drenched in sweet mustard sauce with fresh thyme and cooked with a rich stock. Add the sour cream for creaminess and dish up deliciousness.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Megan Bure

Quick & Easy

Bertha Wines | Bertha Shiraz

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

200ml	White Basmati Rice <i>rinse</i>
360g	Pork Sausages
4 strips	Streaky Pork Bacon
150g	Sliced Onions
1	Bell Pepper <i>rinse, deseed & cut into bite-sized pieces</i>
5g	Fresh Thyme <i>rinse</i>
1	Chicken Stock Sachet
100ml	Sweet Mustard Sauce <i>(80ml Apple Juice & 20ml Dijon Mustard)</i>
40ml	Italian-spiced Flour <i>(20ml Cake Flour & 20ml NOMU Italian Rub)</i>
60ml	Sour Cream

From Your Kitchen

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

1. READY THE RICE Boil the kettle. Place the rinsed rice in a pot with 400ml 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. SAUSAGES & BACON 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 it colours). In the final 2-4 minutes, add the bacon strips and fry until crispy, 1-2 minutes per side. Remove from the heat and rest in the pan for 5 minutes. Remove from the pan, and slice the bangers and roughly chop the bacon. Set aside.

3. BETTER TOGETHER Boil the kettle. Place a clean pan over medium heat with a drizzle of oil. When hot, fry the sliced onions and the diced pepper until brown and softening, 4-5 minutes. Add the rinsed thyme, the chicken stock, the sweet mustard sauce, and 200ml of boiling water. Whisk in the flour mixture and simmer until thickening, 3-4 minutes (shifting occasionally). When the sauce has thickened, discard the thyme sprigs and remove from the heat. Mix through the sour cream, add the sliced bangers and chopped bacon and combine.

4. GRAB A PLATE Serve up the steaming rice and top with the flavourful pork stew. Dig in, Chef!

Nutritional Information

Per 100g

Energy	641kJ
Energy	153kcal
Protein	6.8g
Carbs	17g
of which sugars	2.6g
Fibre	1.7g
Fat	6.2g
of which saturated	2.4g
Sodium	403mg

Allergens

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

Eat
Within
2 Days