



UCCOOK

Chicken Banger & Lentil Stew

with crispy ciabatta slices

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Simple & Save: Serves 1 & 2

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 1	[Serves 2]	
180g	360g	Chicken Bangers
1	1	Onion <i>peel & finely slice ½ [1]</i>
10ml	20ml	NOMU Moroccan Rub
50ml	100ml	Tomato Passata
60g	120g	Tinned Lentils <i>drain & rinse</i>
1	2	Ciabatta Roll/s
3g	5g	Fresh Parsley <i>rinse, pick & 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, 4-5 minutes. Mix in the NOMU rub and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 150ml [300ml] of water. Simmer until slightly thickening and saucy, 6-8 minutes. In the final 3-4 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!