



UCOOK

Bangers & Saucy Butter Beans

with fluffy herbed jasmine rice

On a bed of fragrant, parsley-jasmine rice lies a deliciously saucy mix of pork banger rounds, butter beans, and gravy. Garnished with fresh parsley. As easy as counting to five, Chef!

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

Simple & Save

Waterford Estate | Waterford Antigo

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Ingredients & Prep

100ml	Jasmine Rice <i>rinse</i>
180g	Pork Sausages
10ml	Rub & Flour Mix <i>(5ml NOMU Provençal Rub & 5ml Cornflour)</i>
1	Onion <i>peel & roughly dice ½</i>
60g	Butter Beans <i>drain & rinse</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter

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

2. BANGERS Boil the kettle. 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 pan, slice into rounds, and set aside.

3. SAUCY In a small bowl, dilute the rub & flour mix with 5ml of water. Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, fry the diced onions until soft and golden, 4-5 minutes (shifting occasionally). Add the loosened rub & flour mix, 150ml of boiling water, the sliced sausages, and the drained beans. Simmer until starting to thicken and the sausage is cooked through, 4-5 minutes (turning the sausage rounds at the halfway mark). Loosen with a splash of water if it's too thick and season to taste.

4. PARSLEY RICE Just before serving, toss ½ the chopped parsley through the rice.

5. DINNER IS READY Make a bed of the parsley rice, top with the saucy sausages & beans, and garnish with the remaining parsley. Easy, Chef!

Nutritional Information

Per 100g

Energy	709kj
Energy	169kcal
Protein	7g
Carbs	23g
of which sugars	1.8g
Fibre	2g
Fat	4.7g
of which saturated	2g
Sodium	321mg

Allergens

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

Eat
Within
2 Days