



UCCOOK

Lentil & Pork Banger Stew

with crispy ciabatta slices

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	671kJ	3611kJ
Energy	161kcal	863kcal
Protein	8.5g	45.9g
Carbs	19g	103g
of which sugars	3.2g	17.4g
Fibre	3.6g	19.2g
Fat	4.8g	26g
of which saturated	1.9g	10.1g
Sodium	371mg	1997mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

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

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter (optional)

Sugar/Sweetener/Honey

1. PORK SAUSAGE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sausages until browned but not cooked through, 4-5 minutes per side. Remove from the heat and cut into 1cm rounds.

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 300ml [400ml] of water. Simmer until slightly thickening, 8-10 minutes. In the final 5-6 minutes, mix 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 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!