



# UCOOK

## Pork 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!

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Simple & Save

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Waterford Estate | Waterford Antigo

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## Ingredients & Prep

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400ml	Jasmine Rice <i>rinse</i>
720g	Pork Sausages
40ml	Rub & Flour Mix <i>(20ml NOMU Provençal Rub &amp; 20ml Cornflour)</i>
2	Onions <i>peel &amp; roughly dice</i>
240g	Butter Beans <i>drain &amp; rinse</i>
10g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. READY THE RICE** Place the rinsed rice in a pot with 800ml 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 20ml 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, 5-6 minutes (shifting occasionally). Add the loosened rub & flour mix, 600ml of boiling water, the sliced sausages, and the drained beans. Simmer until starting to thicken and the sausage is cooked through, 5-6 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

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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

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## Allergens

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

Eat  
Within  
2 Days