



UCCOOK

Pork Bangers & Basil Pesto Beans

with a crispy veggie mix

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Stettyn Wines | Stettyn Family Range Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	595kJ	3661kJ
Energy	142kcal	876kcal
Protein	6.4g	39.3g
Carbs	13g	78g
of which sugars	1.5g	9.2g
Fibre	2.3g	14g
Fat	6.6g	40.4g
of which saturated	2.1g	13.1g
Sodium	384mg	2362mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Roast Veg Mix
10ml	20ml	NOMU Italian Rub
180g	360g	Pork Sausages
120g	240g	Butter Beans <i>drain & rinse</i>
20g	40g	Spinach <i>rinse & roughly chop</i>
40ml	80ml	Pesto Princess Basil Pesto

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. ROAST VEG Coat the veggie mix in oil, the NOMU rub, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Alternatively, roast in the oven at 200°C until crispy, 30-35 minutes (shifting halfway).

2. SIZZLING SAUSAGES Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sausages until browned and cooked through, 10-12 minutes (shifting as it colours). Remove from the heat and rest in the pan for 5 minutes.

3. BEAN THERE, MADE THAT Place a clean pan over medium-high heat with a drizzle of oil. When hot, fry the butter beans, and the spinach until the spinach is wilted and the beans are warmed through, 3-4 minutes. Remove from the heat, and mix in the pesto and 20ml [40ml] of olive oil. Loosen it with a splash of warm water if it's too thick.

4. AND YOU'RE DONE! Plate up the roast veg, side with the sausages, and the pesto beans with all the pan juices. Well done, Chef!