

QCOOK

Classic Pork Bangers & Roast Butternut

with a cucumber salad

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	476kJ	3186kJ
Energy	114kcal	762kcal
Protein	4.9g	33g
Carbs	10g	64g
of which sugars	2.9g	19.6g
Fibre	1.7g	11.3g
Fat	5.2g	34.8g
of which saturated	1.7g	11.1g
Sodium	339mg	2270mg

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

Spice Level: None

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Butternut Chunks
180g	360g	Pork Sausages
5ml	10ml	Cornflour
75g	150g	Diced Onion
1	1	Garlic Clove <i>peel & grate</i>
7,5ml	15ml	NOMU Italian Rub
10ml	20ml	Worcestershire Sauce
5ml	10ml	Chicken Stock
40g	80g	Salad Leaves <i>rinse & roughly shred</i>
100g	200g	Cucumber <i>rinse & cut into half-moons</i>
40ml	80ml	Honey Mustard Dressing
10g	20ml	Pumpkin Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Milk (optional)
Butter (optional)

1. ROAST Coat the butternut in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway). Alternatively, roast in the oven at 200°C until golden, 25-30 minutes (shifting halfway).

2. PORK SAUSAGES Place a pan over medium-high heat with a drizzle of oil. When hot, fry the bangers until browned and but not cooked through, 4-6 minutes (shifting as it colours). Remove from the pan.

3. JUST BEFORE SERVING Combine the cornflour with 100ml [200ml] of water. Return the pan to medium with a drizzle of oil if necessary. Fry the onion until soft, 3-4 minutes (shifting occasionally). Add the garlic, NOMU rub, worcestershire sauce, and chicken stock. Fry until fragrant, 1-2 minutes. Mix in the cornflour mixture and the bangers. Simmer until the bangers are cooked through and the gravy is thickening, 5-6 minutes. Remove from the heat and season.

4. DINNER IS READY In a bowl, combine the salad leaves, cucumber, mustard dressing, and season. Dish up the roasted butternut, side with the bangers, and serve alongside the salad. Sprinkle over the pumpkin seeds, and dig in, Chef!

Chef's Tip Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.