



# UCOOK

## Rice & Spicy Spanish Pork Bangers

**with crispy onions & bell pepper strips**

Grab a pair of castanets, and let's get into the culinary rhythm for some Spanish food, Chef! Browned pork bangers are served with a smoky, spicy veggie medley of silky onion, bell pepper, earthy peas, & piquanté peppers, coated in Colleen's Handmade Smoked Paprika Chilli Sauce. Served with basmati rice and a sour cream drizzle.

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**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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**Serves:** 4 People

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**Chef:** Hellen Mwanza

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Quick & Easy

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Strandveld | The Navigator Red Blend

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## Ingredients & Prep

400ml	White Basmati Rice <i>rinse</i>
720g	Pork Sausages
300g	Sliced Onions
2	Bell Peppers <i>rinse, deseed &amp; cut into strips</i>
200g	Peas
125ml	Colleen's Handmade Smoked Paprika Chilli Sauce
120g	Piquanté Peppers <i>drain</i>
160ml	Sour Cream
40g	Crispy Onion Bits

## From Your Kitchen

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

**1. READY THE RICE** Place the rinsed rice in a pot with 800ml of water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. BANG-ON BANGERS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sausages until browned and cooked through, 10-15 minutes (shifting as it colours). Remove the bangers from the pan and drain on paper towel, reserving any pan juices behind in the pan. Set aside to rest.

**3. SMOKY VEG STIR-FRY** Return the pan with the pan juices to medium heat with a small drizzle of oil (if necessary). When hot, fry the sliced onion and pepper strips until golden, 6-7 minutes (shifting occasionally). Remove from the heat and mix through the peas, the smoked paprika chilli sauce, the drained piquanté peppers, and the cooked bangers. Loosen the sour cream with a splash of water and season.

**4. SPANISH SENSATION** Serve up the steaming rice and top with the Spanish banger mix, making sure not to leave anything in the pan - that's the flavour! Drizzle over the sour cream and scatter with the crispy onions. Dig in, Chef!

## Nutritional Information

Per 100g

Energy	554kj
Energy	132kcal
Protein	5.3g
Carbs	16g
of which sugars	2.9g
Fibre	1.9g
Fat	4.3g
of which saturated	2g
Sodium	162mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Sugar Alcohol (Xylitol), Soy, Cow's Milk

Eat  
Within  
1 Day