



UCOOK

Vibrant Veggie Bake & Pork Bangers

with butternut & Kalamata olives

An easy and delicious meal made in no time at all. Juicy pork bangers are fried, sliced and served with an array of baked veggies such as red onion, butternut and olives. Creamy butter beans are also added to the mix for a little variety! Served with roasted lemon for an acidic kick, this dish has everything you could ever want from a dinner and more!

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Sarah Hewitt

 Fan Faves

 Boschendal | Le Bouquet

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Ingredients & Prep

2	Red Onions <i>1½ peeled & cut into wedges</i>
750g	Butternut Chunks <i>cut into bite-sized chunks</i>
15ml	NOMU Moroccan Rub
15ml	Vegetable Stock
60ml	Tomato Paste
2	Garlic Cloves <i>peeled & grated</i>
75g	Pitted Kalamata Olives <i>drained & halved</i>
180g	Butter Beans <i>drained & rinsed</i>
2	Lemons <i>1½ cut into rounds</i>
540g	Pork Bangers
12g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. GET THE BAKE GOING Preheat the oven to 200°C. Boil the kettle. Place the onion wedges and the butternut chunks in an ovenproof dish. Coat in oil, the rub, and seasoning. To make sure they do get crispy, don't overcrowd the ovenproof dish — use two dishes instead! Roast in the hot oven for 35-40 minutes.

2. FINISH THE BAKE In a bowl, combine the stock, 600ml of boiling water, the tomato paste, the grated garlic, and seasoning. When the butternut and onions have been in for 10 minutes, remove the dish from the oven. Add the stock and garlic mixture, the halved olives, the drained butter beans, and the lemon rounds. Return to the oven to cook for the remaining time until the butternut is cooked through.

3. SIZZLING SAUSAGE When the bake has 10 minutes remaining, place a pan over a medium-high heat with a drizzle of oil. When hot, fry the sausages for 8-10 minutes until browned and cooked through, shifting as they colour. Remove from the heat and allow to rest in the pan for 5 minutes before slicing into rounds at an angle.

4. SHAKE & BAKE! Plate up the steaming veg bake! Top with the sliced sausages and the roasted lemon rounds (to taste). Sprinkle over the chopped parsley. Dive in, Chef!

Nutritional Information

Per 100g

Energy	435kJ
Energy	104Kcal
Protein	5.1g
Carbs	11g
of which sugars	2.5g
Fibre	2.3g
Fat	3.8g
of which saturated	1.6g
Sodium	4mg

Allergens

Allium, Sulphites

Cook
within 2
Days