



# UCCOOK

## Pork Banger Delight

with toasted ciabattini slices

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Paul Cluver | Sauvignon Blanc

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 563kJ    | 3550kJ      |
| Energy             | 135kcal  | 849kcal     |
| Protein            | 6.5g     | 41.1g       |
| Carbs              | 16g      | 101g        |
| of which sugars    | 3.4g     | 21.7g       |
| Fibre              | 2.7g     | 17.3g       |
| Fat                | 4.1g     | 25.6g       |
| of which saturated | 1.6g     | 10g         |
| Sodium             | 329mg    | 2073mg      |

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

**Spice Level:** Mild

Eat Within 2 Days

## Ingredients & Prep Actions:

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|          |            |   |
|----------|------------|---|
| Serves 3 | [Serves 4] |   |
| 540g     | 720g       | Pork Sausages   |
| 240g     | 240g       | Carrot<br><i>rinse, trim, peel &amp; cut into small bite-sized pieces</i> |
| 2        | 2          | Onions<br><i>peel &amp; roughly slice</i>                                 |
| 60ml     | 80ml       | Tomato Paste  |
| 30ml     | 40ml       | NOMU Spanish Rub  |
| 180g     | 240g       | Kidney Beans<br><i>drain &amp; rinse</i>                                  |
| 3        | 4          | Ciabattinis<br><i>cut into slices</i>                                     |

## From Your Kitchen

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Water  
Seasoning (salt & pepper)  
Oil (cooking, olive or coconut)  
Sugar/Sweetener/Honey  
Butter (optional)

**1. PORK 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 they colour). Remove the bangers from the pan and set aside to rest. Alternatively, lightly coat the bangers with oil and slightly pierce with a fork or knife. Air fry at 180°C until cooked through, 12-15 minutes (shifting halfway).

**2. VEGGIE SAUCE** Return the pan to medium heat with a drizzle of oil, if necessary. Fry the carrots and the onion until lightly golden, 4-5 minutes. Add the tomato paste and the NOMU rub, and fry until fragrant, 1-2 minutes. Mix in 450ml [600ml] of water, and simmer until the carrots are soft, 10-12 minutes. In the final 2-3 minutes, add the beans and the browned bangers, and cook until warmed through. Remove from the heat, add a sweetener (to taste), and season.

**3. TASTY TOAST** Spread butter or oil over the ciabattini slices. Place a pan over medium heat. Toast the slices until golden, 30-60 seconds per side.

**4. TIME TO EAT** Plate up the loaded bangers and side with the toasted ciabattini. Well done, Chef!