

QCOOK

Hearty Paprika Pork Bangers

with charred baby marrows & cabbage

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	639kJ	4011kJ
Energy	153kcal	960kcal
Protein	6.5g	40.8g
Carbs	14g	88g
of which sugars	3.6g	22.8g
Fibre	2g	12.7g
Fat	7.7g	48.5g
of which saturated	3.7g	23.1g
Sodium	263mg	1652mg

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

Spice Level: None

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
180g	360g	Pork Sausages
100g	200g	Baby Marrow <i>rinse, trim & cut into 1cm thick rounds</i>
75g	75g	Sliced Onion
75g	150g	Shredded Cabbage
20ml	40ml	Tomato Paste
5ml	10ml	Smoked Paprika
1	1	Garlic Clove <i>peel & grate</i>
20g	40g	Sun-dried Tomatoes
60ml	125ml	Crème Fraîche
1	2	Ciabatta Roll/s

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

Butter (optional)

1. BANGERS & BABY MARROWS Place a pan over high heat with a drizzle of oil. When hot, fry the bangers until browned but not cooked through, 2-3 minutes per side. Remove from the heat and cut in half. Return the pan to high heat. Fry the baby marrows until charred 2-3 minutes (shifting occasionally). Remove from the pan.

2. HEARTY MOMENT Return the pan to medium-high heat with a drizzle of oil if necessary. Fry the onion and the cabbage until lightly golden, 4-5 minutes. Add the paste, paprika, and garlic. Cook until fragrant, 1-2 minutes. Mix in 150ml [300ml] of water, the bangers, the sun-dried tomatoes, the baby marrows, and simmer until the bangers are cooked through and the sauce is slightly thickening, 5-8 minutes. Mix in the crème fraîche, remove from the heat, and season (to taste).

3. GOLDEN CIABATTA Slice the ciabatta into 2-3cm thin slices. Spread butter (optional) or oil over the slices. Place a clean pan over medium heat. When hot, toast the ciabatta slices until golden, 1-2 minutes per side.

4. TIME TO DINE Bowl up the loaded hearty paprika bangers. Serve the crispy ciabatta slices alongside, ready to scoop and eat. Well done, Chef!