



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.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Hellen Mwanza

Quick & Easy

Strandveld | The Navigator Red Blend

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Ingredients & Prep

100ml	White Basmati Rice <i>rinse</i>
180g	Pork Sausages
75g	Sliced Onions
1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>
50g	Peas
30ml	Colleen's Handmade Smoked Paprika Chilli Sauce
30g	Piquanté Peppers <i>drain</i>
40ml	Sour Cream
10g	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 200ml 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, 4-5 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