



UCOOK

Pork Bangers & Rosemary Relish

with creamy polenta & toasted almonds

A base of creamy polenta is the first level. Then comes a sweet and herby onion, bell pepper & fresh rosemary relish with blistered baby tomatoes. The third level is made from golden pan-fried pork sausages. And the final flavour level is a fresh green salad with toasted almonds. It's levels of lipsmacking flavour for dinner tonight, Chef!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Hellen Mwanza

Fan Faves

Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

30g	Almonds
540g	Pork Sausages
2	Onions <i>peel & roughly dice</i>
2	Bell Peppers <i>rinse, deseed & roughly dice</i>
30ml	NOMU Spanish Rub
8g	Fresh Rosemary <i>rinse, pick & finely chop</i>
240g	Baby Tomatoes <i>rinse & cut into quarters</i>
225ml	Polenta
60g	Italian-style Hard Cheese <i>peel ½ into ribbons & grate ½</i>
90ml	Cream Cheese
60g	Green Leaves <i> rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter

1. TOAST Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. SAUSAGES Return the pan to 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 from the heat and cover.

3. RELISH Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion and the diced peppers until slightly golden, 5-6 minutes. Add the NOMU rub and the chopped rosemary, and fry until fragrant, 1-2 minutes. Add the quartered tomatoes and a splash of water, and fry until blistered and slightly saucy, 4-5 minutes (shifting occasionally). Remove from the heat, add a sweetener (to taste), and season.

4. POLENTA Bring a pot with 1L of water to a boil. Slowly whisk in the polenta until there are no lumps. Reduce the heat and cook until the polenta is soft and creamy, 8-10 minutes (whisking often). Remove the pot from the heat. Stir through a knob of butter, the grated cheese, the cream cheese, and seasoning. Loosen with a splash of warm water if necessary.

5. SOME PREP In a salad bowl, combine the rinsed green leaves, the cheese ribbons, a drizzle of olive oil, and seasoning.

6. DINNER IS READY Make a bed of the creamy polenta. Top with the flavourful relish and the golden sausages. Side with the green leaf salad and scatter over the toasted almonds. Well done, Chef!



Chef's Tip

Air fryer method: Lightly coat the sausages with the oil. Air fry at 200°C until cooked through, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	519kJ
Energy	124kcal
Protein	5.7g
Carbs	12g
of which sugars	2.3g
Fibre	2.2g
Fat	5.5g
of which saturated	2.4g
Sodium	220mg

Allergens

Egg, Gluten, Allium, Wheat, Tree Nuts, Soy, Cow's Milk

Eat
Within
2 Days