



# 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

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

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