

UCCOOK

Savoury Pork Sausage Stew

with basmati rice

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Niriða | Cabernet sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	641kJ	4684kJ
Energy	153kcal	1120kcal
Protein	6.8g	49.6g
Carbs	17g	121g
of which sugars	2.6g	19.2g
Fibre	1.7g	12.1g
Fat	6.2g	45.4g
of which saturated	2.4g	17.3g
Sodium	403mg	2944mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	White Basmati Rice <i>rinse</i>
180g	360g	Pork Sausages
2 strips	4 strips	Streaky Pork Bacon
75g	150g	Sliced Onion
1	1	Bell Pepper <i>rinse, deseed & cut into bite-sized pieces</i>
5ml	10ml	Dried Thyme
1	1	Chicken Stock Sachet
50ml	100ml	Sweet Mustard Sauce <i>(40ml [80ml] Apple Juice & 10ml [20ml] Dijon Mustard)</i>
20ml	40ml	Italian-spiced Flour <i>(10ml [20ml] Cake Flour & 10ml [20ml] NOMU Italian Rub)</i>
50ml	100ml	Sour Cream

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. READY THE RICE Boil the kettle. Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid 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. SAUSAGES & BACON 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). In the final 2-4 minutes, add the bacon strips and fry until crispy, 1-2 minutes per side. Remove from the heat and rest in the pan for 5 minutes. Remove from the pan. Slice up the bangers and roughly chop the bacon. Set aside.

3. BETTER TOGETHER Boil the kettle. Place a clean pan over medium heat with a drizzle of oil. When hot, fry the onions and the pepper until brown and softening, 4-5 minutes. Add the thyme, the chicken stock, the sweet mustard sauce, and 150ml [300ml] of boiling water. Whisk in the flour mixture and simmer until thickening, 3-4 minutes (stirring occasionally). When the sauce has thickened remove from the heat. Mix through the sour cream, add the bangers and bacon and combine.

4. GRAB A PLATE Serve up the steaming rice and top with the flavourful pork stew. Dig in, Chef!