

UCOOK

Gravy-smothered Chicken Bangers

with peas

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Waterkloof | Seriously Cool Chenin blanc

Nutritional Info	Per 100g	Per Portion
Energy	388kJ	2001kJ
Energy	93kcal	479kcal
Protein	2.5g	13.1g
Carbs	20g	102g
of which sugars	2.1g	10.7g
Fibre	1.5g	7.7g
Fat	0.2g	1.2g
of which saturated	0g	0.2g
Sodium	146mg	753mg

Allergens: Sulphites, Gluten, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	White Basmati Rice *rinse*
150g	200g	Peas
540g	720g	Chicken Bangers
2	2	Chicken Stock Sachets
2	2	Onions *peel & finely slice 1½ [2]*
2	2	Garlic Cloves *peel & grate*
8g	10g	Fresh Thyme *rinse*
30ml	40ml	Cornflour
8g	10g	Fresh Parsley *rinse, pick & roughly chop*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Butter

1. RICE Place the rice in a pot with 600ml [800ml] 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. Mix in the peas. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. GOLDEN BANGERS Boil the kettle. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the bangers until browned and cooked through, 10-12 minutes (shifting as it colours). Remove from the pan and cover to keep warm. Alternatively, air fry at 200°C until crispy and cooked through, 10-12 minutes (shifting halfway).

3. ONION GRAVY Dilute 1½ [all] of the stock with 200ml [300ml] of boiling water. Return the pan to medium heat with a knob of butter. Fry the onions until soft, 4-5 minutes. Add the garlic and thyme. Fry until fragrant, 1-2 minutes. Add the diluted stock and whisk in the cornflour until smooth and lump-free. Simmer until thickened, 2-4 minutes. Remove from heat, discard the thyme and season (to taste).

4. DINNER IS READY Bowl up the rice, top with the bangers and smother with the onion gravy. Garnish with parsley and dig in, Chef!

Chef's Tip Did you know? Frozen peas can sometimes contain more nutrients than "fresh" peas because they're frozen soon after harvesting.