



UCCOOK

Pork Banger Delight

with toasted ciabattini slices

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Paul Cluver | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	563kJ	3550kJ
Energy	135kcal	849kcal
Protein	6.5g	41.1g
Carbs	16g	101g
of which sugars	3.4g	21.7g
Fibre	2.7g	17.3g
Fat	4.1g	25.6g
of which saturated	1.6g	10g
Sodium	329mg	2073mg

Allergens: Egg, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
540g	720g	Pork Sausages
240g	240g	Carrot <i>rinse, trim, peel & cut into small bite-sized pieces</i>
2	2	Onions <i>peel & roughly slice</i>
60ml	80ml	Tomato Paste
30ml	40ml	NOMU Spanish Rub
180g	240g	Kidney Beans <i>drain & rinse</i>
3	4	Ciabattinis <i>cut into slices</i>

From Your Kitchen

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

1. PORK 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 they colour). Remove the bangers from the pan and set aside to rest. Alternatively, lightly coat the bangers with oil and slightly pierce with a fork or knife. Air fry at 180°C until cooked through, 12-15 minutes (shifting halfway).

2. VEGGIE SAUCE Return the pan to medium heat with a drizzle of oil, if necessary. Fry the carrots and the onion until lightly golden, 4-5 minutes. Add the tomato paste and the NOMU rub, and fry until fragrant, 1-2 minutes. Mix in 450ml [600ml] of water, and simmer until the carrots are soft, 10-12 minutes. In the final 2-3 minutes, add the beans and the browned bangers, and cook until warmed through. Remove from the heat, add a sweetener (to taste), and season.

3. TASTY TOAST Spread butter or oil over the ciabattini slices. Place a pan over medium heat. Toast the slices until golden, 30-60 seconds per side.

4. TIME TO EAT Plate up the loaded bangers and side with the toasted ciabattini. Well done, Chef!