



UCOOK

Hellmann's Creamy Pork Banger Salad

with peas, piquanté peppers & fresh parsley

Get ready for a twist on the usual pasta salad, Chef! Fusilli pasta is tossed with zesty lemon juice, savoury pork sausage rounds, sweet peas, and tangy piquanté peppers. Drizzled with creamy Hellmann's mayo and garnished with a sprinkle of fresh parsley.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Hellmann's

Simple & Save

Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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

Ingredients & Prep

100g	Fusili Pasta
50g	Peas
180g	Pork Sausages
10ml	Lemon Juice
20g	Piquanté Peppers <i>drain</i>
40ml	Hellmann's Mayo
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

2. PEAS Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

3. SAUSAGE 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). Remove from the heat and rest in the pan for 5 minutes. Cut into bite-sized rounds.

4. JUST BEFORE SERVING In a salad bowl, combine the lemon juice, and a drizzle of olive oil. Add the cooked pasta, the sausage rounds, the peas, the drained peppers, toss to combine, and season. Loosen the mayo with water in 5ml increments until drizzling consistency.

5. DINNER IS READY Bowl up the loaded salad, drizzle over the mayo, and sprinkle over the chopped parsley. 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	1127kJ
Energy	269kcal
Protein	10.1g
Carbs	25g
of which sugars	3.1g
Fibre	2.3g
Fat	13.4g
of which saturated	3.7g
Sodium	271mg

Allergens

Cow's Milk, Egg, Gluten, Wheat,
Sulphites, Soy

Eat
Within
2 Days