



# UCCOOK

## Lentil & Pork Banger Stew

with crispy ciabatta slices

**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Neil Ellis Wines | Neil Ellis West Coast  
Sauvignon Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	671kJ	3611kJ
Energy	161kcal	863kcal
Protein	8.5g	45.9g
Carbs	19g	103g
of which sugars	3.2g	17.4g
Fibre	3.6g	19.2g
Fat	4.8g	26g
of which saturated	1.9g	10.1g
Sodium	371mg	1997mg

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

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
180g	360g	Pork Sausages
1	1	Onion <i>peel &amp; finely slice ½ [1]</i>
10ml	20ml	NOMU Moroccan Rub
50ml	100ml	Tomato Passata
60g	120g	Tinned Lentils <i>drain &amp; rinse</i>
1	2	Ciabatta Roll/s
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Butter (optional)

Sugar/Sweetener/Honey

**1. PORK SAUSAGE** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sausages until browned but not cooked through, 3-4 minutes per side. Remove from the heat and cut into 1cm rounds.

**2. STEW** Return the pan to medium heat with a drizzle of oil if necessary. Fry the onion until soft, 4-5 minutes. Mix in the NOMU rub and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 100ml [200ml] of water. Simmer until slightly thickening, 6-8 minutes. In the final 3-4 minutes, mix the sausage rounds and the lentils. Remove from the heat, add a sweetener (to taste) and seasoning.

**3. TOAST** Slice the ciabatta square into 2-3cm thin slices. Spread butter (optional) or oil over the slices. Place a pan over medium heat. When hot, toast the ciabatta slices until golden, 1-2 minutes per side.

**4. DINNER IS READY** Plate up the stew, side with the ciabatta slices, and sprinkle over the parsley. Enjoy, Chef!