



UCCOOK

Curried Bangers & Rice

with carrots & broccoli

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Fan Faves: Serves 1 & 2

Chef: Chris Dugmore

Wine Pairing: Zevenwacht | Estate Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	572kj	4122kj
Energy	137kcal	986kcal
Protein	5.4g	39.2g
Carbs	20g	142g
of which sugars	4.4g	31.9g
Fibre	2.2g	15.9g
Fat	3.5g	25.4g
of which saturated	1.4g	10g
Sodium	274mg	1974mg

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

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice <i>rinse</i>
180g	360g	Pork Sausages
100g	200g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
1	1	Onion <i>peel & roughly slice ½ [1]</i>
120g	240g	Carrot <i>rinse, trim & cut into 1cm strips</i>
10ml	20ml	NOMU Indian Rub
20ml	40ml	Tomato Paste
1	1	Garlic Clove <i>peel & grate</i>
10ml	20ml	Spice & All Things Nice Cape Malay Curry Paste
20ml	40ml	Mrs Balls Chutney
3g	5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. FLUFFY RICE 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, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. BROWN THE SAUSAGE Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sausages until browned but not cooked through, 4-5 minutes (shifting as they colour). Remove from the heat and set aside.

3. CHARRED BROCCOLI Return the pan to medium-high heat with a drizzle of oil and a knob of butter. Fry the broccoli until slightly charred, 3-4 minutes. Remove from the pan.

4. CURRIED VEGGIES Return the pan, wiped down, to medium heat with a drizzle of oil. Fry the onions and the carrot, until slightly golden, 4-5 minutes. Add the NOMU rub, the tomato paste, the garlic, the curry paste, and seasoning. Fry until fragrant, 2-3 minutes. Mix in 150ml [300ml] of water. Simmer until slightly thickening, 6-8 minutes. In the final 2-3 minutes, add the broccoli, the sausages, and the chutney. Remove from the heat and season.

5. DINNER IS READY Make a bed of the fluffy rice, top with the curried sausages, and garnish with the coriander. Enjoy, Chef!