



UCCOOK

Curried Bangers & Rice

with carrots & broccoli

Unlock your senses with the contrasts of subtle and spicy flavours that Indian cuisine brings to the table. Fluffy jasmine rice, topped with browned pork sausages, onion slices, carrot strips & charred broccoli - all coated in a curry-chutney sauce. Garnish with fresh coriander and enjoy, Chef!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Chris Dugmore

Fan Faves

 Stettyn Wines | Stettyn Family Range Chenin Blanc 2023

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

Ingredients & Prep

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

From Your Kitchen

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

1. FLUFFY RICE Place the rinsed rice in a pot with 200ml 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. When hot, fry the rinsed 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. When hot, fry the sliced onions and the carrot strips until slightly golden, 4-5 minutes. Add the NOMU rub, the tomato paste, the grated garlic, the curry paste, and a pinch of salt. Fry until fragrant, 2-3 minutes. Mix in 150ml of water. Simmer until slightly thickening, 6-8 minutes. In the final 2-3 minutes, add the charred broccoli, the browned 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 chopped coriander. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	627kJ
Energy	150kcal
Protein	6g
Carbs	22g
of which sugars	4.4g
Fibre	2.3g
Fat	3.9g
of which saturated	1.5g
Sodium	304mg

Allergens

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

Eat
Within
2 Days