



UCOOK

Pork Bangers & Basil Pesto Beans

with a crispy veggie mix

A mouthwatering veggie medley is spiced with NOMU Italian Rub and oven roasted until golden. This is dished up with pan-fried pork sausages and basil-pesto coated butter beans & spinach. Simple, super easy, and so enjoyable, Chef!

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Samantha du Toit

Quick & Easy

Paul Cluver | Village Chardonnay 2023

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Ingredients & Prep

250g	Roast Veg Mix
10ml	NOMU Italian Rub
180g	Pork Sausages
120g	Butter Beans <i>drain & rinse</i>
20g	Spinach <i>rinse & roughly chop</i>
30ml	Pesto Princess Basil Pesto

From Your Kitchen

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

1. ROAST VEG Air fryer method: Coat the veggie mix in oil, the NOMU rub, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. SIZZLING SAUSAGES Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sausages until browned and cooked through, 10-12 minutes (shifting as it colours). Remove from the heat and rest in the pan for 5 minutes.

3. BEAN THERE, MADE THAT Place a pan over medium-high heat with a drizzle of oil. When hot, fry the rinsed beans, and the chopped spinach until the spinach is wilted and the beans are warmed through, 3-4 minutes. Remove from the heat, mix in the pesto, and 20ml of olive oil. Loosen with a splash of warm water if it's too thick.

4. AND YOU'RE DONE! Plate up the roast veg, side with the sausages, and the pesto beans with all the pan juices. Well done, Chef!



Chef's Tip

Preheat the oven to 200°C. Spread the roast veg mix on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	581kj
Energy	139kcal
Protein	6.4g
Carbs	13g
of which sugars	1.4g
Fibre	2.2g
Fat	6.2g
of which saturated	2.1g
Sodium	356mg

Allergens

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

Eat
Within
2 Days