



UCOOK

Bangers & Butter Bean Stew

with fresh parsley, lemon & rosemary

Rich and comforting, this stew will warm your soul from the inside out! Butter beans, pork bangers, carrot chunks, and wilted spinach make up this delicious hearty dinner. Served with crusty baguette, because why not?


Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Robertson Winery | Extra Light Merlot

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Ingredients & Prep

1	Onion <i>½ peeled & roughly sliced</i>
240g	Carrot <i>trimmed & cut into small chunks</i>
1	Garlic Clove <i>peeled & grated</i>
4g	Fresh Rosemary <i>rinsed</i>
10ml	Chicken Stock
180g	Pork Bangers
60g	Butter Beans <i>drained & rinsed</i>
20g	Spinach <i>rinsed</i>
1	Lemon <i>½ zested & cut into wedges</i>
1	Sourdough Baguette <i>½ defrosted & cut in half lengthways</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. LET'S GET GOING! Boil the kettle. Place a pot over a medium-high heat with a drizzle of oil. When hot, add the sliced onion and carrot chunks. Fry for 3-4 minutes until soft, shifting occasionally. Add the grated garlic, the rinsed rosemary, and the chicken stock. Fry for 1-2 minutes until fragrant, shifting constantly. Pour in 300ml of boiling water. Mix until fully combined and bring back up to the boil. When boiling, reduce the heat and leave to simmer for 10-12 minutes until slightly reduced, stirring occasionally.

2. BRILLIANT BANGERS When the stew has 5 minutes remaining, place a pan over a medium-high heat with a drizzle of oil. When hot, add the bangers and fry for 5-6 minutes, shifting occasionally, until browned and cooked through. Remove from the pan on completion.

3. ALL TOGETHER NOW When the stew is done, add the drained butter beans to the pot. Mix until fully combined and leave to simmer for 2-4 minutes until the beans are warmed through. In the final 30-60 seconds, stir through the spinach until wilted. On completion, remove the rosemary stalks and season with salt, pepper, and the lemon zest.

4. TOASTY BAGUETTE Return the pan to a medium-high heat with a drizzle of oil or a knob of butter. When hot, add the baguette halves, cut-side down, and fry for 1-3 minutes until browned.

5. GOING OUT WITH A BANG! Bowl up a hearty helping of the butterbean stew and top with browned bangers. Sprinkle over the chopped parsley. Serve with the toasty baguette halves and a lemon wedge. Dig in, Chef!



Chef's Tip

For this recipe, you can peel your carrots when prepping them if you don't like the skin — and you have the extra time and energy!

Nutritional Information

Per 100g

Energy	502kj
Energy	120Kcal
Protein	5.8g
Carbs	16g
of which sugars	3.2g
Fibre	2.4g
Fat	3.4g
of which saturated	1.4g
Sodium	3mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within 2
Days