



UCOOK

Pork Bangers & Veggie Tray-bake

with brown rice & baby tomatoes

Not only is it quick & easy, but this recipe is bang-on with its flavours. Plus, you won't have a lot of dirty dishes with this one-tray wonder. A bed of brown rice is topped with an oven-roasted butter bean medley that has been smothered in a wonderfully rich tomato passata sauce and then the juicy pork bangers.


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Waterford Estate | Waterford Old Vine Chenin Blanc

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Ingredients & Prep

100ml	Brown Rice <i>rinsed</i>
3g	Fresh Rosemary
20g	Spinach
80g	Baby Tomatoes
120g	Carrot
1	Onion
120g	Butter Beans
7,5ml	NOMU Provençal Rub
100ml	Tomato Passata
180g	Pork Bangers

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. FLUFFY RICE Preheat the oven to 220°C. Place the rinsed rice in a pot over medium-high heat. Submerge in 300ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 5 minutes. Drain if necessary and fluff up with a fork.

2. RINSE & CUT Rinse the rosemary, the spinach, the baby tomatoes, and the carrot. Cut the rinsed carrot into bite-sized pieces. Cut ½ the onion into wedges. Drain and rinse the butter beans.

3. INTO THE OVEN IT GOES In an ovenproof dish, add the onion wedges, the rinsed rosemary, the rinsed butter beans, tomatoes, the carrot pieces, 5ml of a sweetener of choice, seasoning, and the rub. Pour over the tomato passata and 50ml of water. Mix until combined. Top with the pork bangers. Pop in the hot oven and roast for 20-25 minutes until the veg and bangers are cooked through and the sauce is thickening. In the final 3-5 minutes, turn the oven onto the grill setting or the highest temperature.

4. ROASTED AROMAS When the veg is done, discard the rosemary stalk and toss the rinsed spinach through the veg.

5. DISH UP THE DISH Plate up the rice and top with the saucy bangers & veg. Pour over any remaining sauce from the tray. Time to dine!



Chef's Tip

If you would like, crush the baby tomatoes into the tomato sauce with a fork just before serving.

Nutritional Information

Per 100g

Energy	480kj
Energy	115kcal
Protein	5.4g
Carbs	16g
of which sugars	2.3g
Fibre	3g
Fat	3.2g
of which saturated	1.3g
Sodium	251mg

Allergens

Allium

Cook
within 2
Days