



# UCOOK

## Pork Banger Spanish Bean Delight

with toasted ciabattini slices

Your claim to culinary fame is inspired by Spain, Chef! Pan-roasted pork bangers, bursting with flavour, are surrounded by a rich tomato sauce layered with NOMU Spanish Rub spices, golden onions & carrots, and kidney beans. Scoop up every last drop with crispy ciabattini slices.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Simple & Save

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 Cathedral Cellar Wines | Cathedral Cellar-  
Chardonnay 2022

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## Ingredients & Prep

|      |                                                                           |
|------|---------------------------------------------------------------------------|
| 720g | Pork Sausages                                                             |
| 240g | Carrot<br><i>rinse, trim, peel &amp; cut into small bite-sized pieces</i> |
| 2    | Onions<br><i>peel &amp; roughly slice</i>                                 |
| 80ml | Tomato Paste                                                              |
| 40ml | NOMU Spanish Rub                                                          |
| 240g | Kidney Beans<br><i>drain &amp; rinse</i>                                  |
| 4    | Ciabattinis<br><i>cut into slices</i>                                     |

## From Your Kitchen

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

**1. PORK BANGERS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sausages until browned and cooked through, 10-15 minutes (shifting as they colour). Remove from the heat and rest in the pan for 5 minutes.

**2. SAUCE** Return the pan to medium heat with a drizzle of oil, if necessary. When hot, fry the carrot pieces and the sliced onion until lightly golden, 5-6 minutes. Add the tomato paste and the NOMU rub, and fry until fragrant, 1-2 minutes. Mix in 600ml of water, and simmer until the carrots are soft, 12-15 minutes. In the final 2-3 minutes, add the rinsed beans and the browned bangers, and cook until warmed through. Remove from the heat, add a sweetener, and season.

**3. TOAST** Spread butter or oil over the ciabattini slices. Place a pan over medium heat. When hot, toast the slices until golden, 30-60 seconds per side.

**4. TIME TO EAT** Plate up the loaded bangers and side with the toasted ciabattini. Well done, Chef!



## Chef's Tip

Air fryer method: Lightly coat the bangers with oil and slightly pierce with a fork or knife. Air fry at 180°C until cooked through, 12-15 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 613kJ   |
| Energy             | 147kcal |
| Protein            | 7.3g    |
| Carbs              | 17g     |
| of which sugars    | 3.3g    |
| Fibre              | 2.9g    |
| Fat                | 4.6g    |
| of which saturated | 1.8g    |
| Sodium             | 371mg   |

## Allergens

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

Eat  
Within  
2 Days