



UCOOK

Pork Banger Naan Pizza

with fresh parsley & bell peppers

It's a dinner dilemma! You're craving Indian food but in the mood for pizza as well... Prepare to give your palate a delicious 2-in-1 dish, Chef! Pan-toasted naan is smeared with Cape Malay curry-infused yoghurt, topped with golden pork sausages and silky peppers. Finished with fresh parsley & homemade pickled onion.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

Fan Faves

Deetlefs Wine Estate | Deetlefs Stonecross
Chardonnay

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Ingredients & Prep

2	Onions <i>peel & finely slice</i>
90ml	Red Wine Vinegar
540g	Pork Sausages
2	Bell Peppers <i>rinse, deseed & cut into strips</i>
2	Garlic Cloves <i>peel & grate</i>
45ml	Spice & All Things Nice Cape Malay Curry Paste
7,5ml	Fennel Seeds
150ml	Greek Yoghurt
3	Naan Breads
8g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. PICKLED ONION Place ½ the sliced onions into a bowl and pour over the vinegar. Add a splash of water to cover and season. Set aside.

2. BANG-ON 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 it colours). Remove from the heat and rest in the pan for 5 minutes before slicing lengthways.

3. AROMATIC CURRY SAUCE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the remaining sliced onions and ½ the pepper slices until charred and softening, 5-6 minutes (shifting occasionally). Add in the grated garlic, the curry paste and the fennel seeds and fry until fragrant, 30 seconds - 1 minute (shifting constantly). Remove from the heat and mix through the yoghurt. Season and set aside.

4. NAAN CAN COMPARE Place a clean pan over medium heat. When hot, toast the naans until golden, 1-2 minutes per side. Drain the pickling liquid from the onions before serving.

5. INDIAN-INSPIRED PIZZA Lay down the toasted naan and smear with the curry sauce. Top with the sliced pork sausages. Lay over the remaining fresh peppers (to taste) and the pickled onion (to taste). Garnish with the chopped parsley and dig in, Chef!

Nutritional Information

Per 100g

Energy	466kj
Energy	111kcal
Protein	5.4g
Carbs	12g
of which sugars	2.6g
Fibre	1.6g
Fat	4g
of which saturated	1.6g
Sodium	248mg

Allergens

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

Eat
Within
2 Days