

# 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.

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 4 People


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**Chef:** Thea Richter

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 Quick & Easy

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 Waterford Estate | Waterford Old Vine Chenin Blanc

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## Ingredients & Prep

400ml	Brown Rice <i>rinsed</i>
10g	Fresh Rosemary
80g	Spinach
320g	Baby Tomatoes
480g	Carrot
2	Onions
480g	Butter Beans
30ml	NOMU Provençal Rub
400ml	Tomato Passata
720g	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 800ml 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 the onions 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, 20ml of a sweetener of choice, seasoning, and the rub. Pour over the tomato passata and 100ml of water. Mix until combined. Top with the pork bangers. Pop in the hot oven and roast for 25-30 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 stalks 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