

Eat Within 1 Day

UCOOK

Gravy-smothered Chicken Bangers

with peas

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterkloof | Seriously Cool Chenin blanc

Nutritional Info	Per 100g	Per Portion
Energy	388kJ	2001kJ
Energy	93kcal	479kcal
Protein	2.5g	13.1g
Carbs	20g	102g
of which sugars	2.1g	10.7g
Fibre	1.5g	7.7g
Fat	0.2g	1.2g
of which saturated	0g	0.2g
Sodium	146mg	753mg

Allergens: Sulphites, Gluten, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	White Basmati Rice *rinse*
50g	100g	Peas
180g	360g	Chicken Bangers
1	1	Chicken Stock Sachet
1	1	Onion *peel & finely slice ½ [1]*
1	1	Garlic Clove *peel & grate*
3g	5g	Fresh Thyme *rinse*
10ml	20ml	Cornflour
3g	5g	Fresh Parsley *rinse, pick & roughly chop*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Butter

1. RICE Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Mix in the peas. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. GOLDEN BANGERS Boil the kettle. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the bangers until browned and cooked through, 10-12 minutes (shifting as it colours). Remove from the pan and cover to keep warm. Alternatively, air fry at 200°C until crispy and cooked through, 8-10 minutes (shifting halfway).

3. ONION GRAVY Dilute ½ [all] of the stock with 100ml [150ml] of boiling water. Return the pan to medium heat with a knob of butter. Fry the onion until soft, 4-5 minutes. Add the garlic and thyme. Fry until fragrant, 30-60 seconds. Add the diluted stock and whisk in the cornflour until smooth and lump-free. Simmer until thickened, 2-4 minutes. Remove from heat, discard the thyme and season (to taste).

4. DINNER IS READY Bowl up the rice, top with the bangers and smother with the onion gravy. Garnish with parsley and dig in, Chef!

Chef's Tip Did you know? Frozen peas can sometimes contain more nutrients than "fresh" peas because they're frozen soon after harvesting.