

UCCOOK

Pork Bangers & Pesto Beans

with crispy veggies

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Samantha du Toit

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info	Per 100g	Per Portion
Energy	513kJ	2929kJ
Energy	123kcal	701kcal
Protein	6g	34.3g
Carbs	9g	53g
of which sugars	2.1g	12.2g
Fibre	2.6g	15.1g
Fat	6.5g	37.3g
of which saturated	2g	11.6g
Sodium	293mg	1674mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Pumpkin Chunks
30ml	40ml	NOMU Italian Rub
540g	720g	Pork Sausages
180g	240g	Butter Beans <i>drain & rinse</i>
120g	160g	Kale <i>rinse & roughly chop</i>
125ml	160ml	Pesto Princess Coriander & Chilli Pesto

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

1. ROAST VEG Coat the pumpkin in oil, the NOMU rub, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Alternatively, roast in the oven at 200°C until crispy, 30-35 minutes (shifting halfway).

2. SIZZLING SAUSAGES Place a pan over medium-high heat with a drizzle of oil. When hot, fry the sausages until browned and cooked through, 10-12 minutes (shifting as it colours). Remove from the heat and rest in the pan for 5 minutes.

3. BEAN THERE, MADE THAT Place a clean pan over medium-high heat with a drizzle of oil. When hot, fry the butter beans, and the kale until the kale is wilted and the beans are warmed through, 4-5 minutes. Remove from the heat, and mix in the pesto and 60ml [80ml] of olive oil. Loosen it with a splash of warm water if it's too thick.

4. AND YOU'RE DONE! Plate up the roast veg, side with the sausages, and the pesto beans with all the pan juices. Well done, Chef!