Eat Within 1 Day

UCOOK

Pork Bangers & Pesto Beans

with golden pumpkin

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	511kJ	2920kJ
Energy	122kcal	698kcal
Protein	6g	34.3g
Carbs	9g	52g
of which sugars	2.1g	12g
Fibre	2.5g	14.1g
Fat	6.4g	36.8g
of which saturated	2g	11.6g
Sodium	295mg	1684mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Pumpkin Chunks
30ml	40ml	NOMU Italian Rub
540g	720g	Pork Sausages
180g	240g	Butter Beans *drain & rinse*
120g	160g	Spinach *rinse*
125ml	160ml	Pesto Princess Coriander & Chilli Pesto

From Your Kitchen

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

1. ROAST PUMPKIN 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 baby spinach until the baby spinach 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 pumpkin, side with the sausages, and the pesto beans with all the pan juices. Well done, Chef!