



UCCOOK

Tomatoey Pork Bangers & Turmeric Rice

with a baby marrow salad & raita

This recipe is so easy to follow, but the end result is amazing. Pork bangers are cooked in a fragrant chutney & spice tomato-based sauce and served on top of golden turmeric rice. The spice mix brings out the natural flavours of the pork, while the green baby marrow salad & creamy raita adds a fresh & cooling kick.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Rhea Hsu

 Quick & Easy

 Waterford Estate | Range Chardonnay 2018

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Ingredients & Prep

400ml	White Basmati Rice
10ml	Ground Turmeric
720g	Pork Bangers
2	Red Onions <i>peeled & roughly sliced</i>
40ml	Curry Spice <i>(20ml NOMU Indian Rub & 20ml Medium Curry Powder)</i>
400ml	Tomato Passata
60ml	Mrs Balls Chutney
80g	Salad Leaves
400g	Baby Marrow
15g	Fresh Coriander
2	Lemons
160ml	Raita

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. POT O' GOLD Rinse the rice and place in a pot over a medium-high heat with the turmeric. Submerge in 900ml of salted water and pop on the lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. Drain if necessary, fluff up with a fork, and cover to keep warm.

2. SEAR THEM SAUSAGES Place a pan over medium-high heat with a drizzle of oil. When hot, fry the bangers for 2-3 minutes until brown but not cooked through, turning as they colour. Remove from the pan and set aside.

3. SWEET & SPICY Return the pan to a medium-high heat with a drizzle of oil. When hot, add the sliced onion and fry for 5-6 minutes until soft, shifting occasionally. Add the curry spice and fry for 1 minute until fragrant, shifting constantly. Add the tomato passata, the chutney, and 600ml of water. Simmer for 12-15 minutes until the sauce is thickened. In the final 5-6 minutes, add the browned bangers to the sauce to cook through. Season with a sweetener of choice, salt and pepper.

4. WHILE THE SAUCE IS SIMMERING... While the sauce is simmering, rinse and roughly shred the salad leaves. Rinse, trim, and peel the baby marrow into ribbons. Rinse and pick the coriander. Cut the lemons into wedges.

5. POP OF GREEN In a salad bowl, combine the juice of 4 lemon wedges, a drizzle of oil, a sweetener of choice, and seasoning. Add the baby marrow ribbons and the shredded leaves. Toss until combined.

6. WHAT A PLATE Dish up the golden rice. Top with the flavourful bangers and the tomato sauce. Dollop over the raita and garnish with the picked coriander. Side with the dressed baby marrow salad and any remaining lemon wedges. There you go, Chef!

Nutritional Information

Per 100g

Energy	522kj
Energy	125kcal
Protein	6g
Carbs	17g
of which sugars	3.8g
Fibre	2g
Fat	3.5g
of which saturated	1.5g
Sodium	243.8mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 2
Days