



# WCOOK

## Pork Bangers & Herbed Orzo

with basil pesto & lemon juice

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Zevenwacht | Estate Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	800kj	3623kj
Energy	191kcal	867kcal
Protein	8.4g	38.2g
Carbs	21g	93g
of which sugars	3g	13.4g
Fibre	2.2g	9.7g
Fat	7.3g	33.2g
of which saturated	2.6g	11.6g
Sodium	389mg	1763mg

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

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
100ml	200ml	Orzo Pasta
180g	360g	Pork Sausages
1	1	Onion <i>peel &amp; finely slice ½ [1]</i>
15ml	30ml	NOMU Italian Rub
20ml	40ml	Pesto Princess Basil Pesto
3g	5g	Fresh Basil <i>rinse, pick &amp; roughly tear</i>
10ml	20ml	Lemon Juice

## From Your Kitchen

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

- 1. COOK THE ORZO** Bring a pot of salted water to a boil. Cook the orzo until al dente, 7-10 minutes. Drain and toss through a drizzle of olive oil.
- 2. FRY THE SAUSAGES** Place a pan or grill pan over medium-high heat with a drizzle of oil. When hot, fry the sausages until browned and cooked through, 10-15 minutes (shifting as they colour). Alternatively, lightly coat the sausages with the oil. Air fry at 180°C until cooked through, 10-15 minutes (shifting halfway). Remove from the heat and rest in the pan for 5 minutes. Set the sausages aside and cover.
- 3. HERBY ONIONS** Return the pan to medium heat with a drizzle of oil and a knob of butter. Fry the onion until soft and starting to caramelize, 8-10 minutes (shifting occasionally). Add a sweetener (to taste) at the halfway mark. In the final 1-2 minutes, add the NOMU rub and cook until fragrant. Remove from the heat.
- 4. JUST BEFORE SERVING** When the onion is done, toss through the cooked orzo, the basil pesto, ½ the basil, the lemon juice (to taste), and seasoning.
- 5. DINNER IS READY** Make a bed of the herbed orzo, top with the golden brown sausages, and garnish with the remaining basil.