

Eat Within 2 Days

Pork Bangers & Herbed Orzo

with basil pesto & lemon juice

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	822kJ	3804kJ
Energy	197kcal	910kcal
Protein	8.4g	38.9g
Carbs	20g	93g
of which sugars	2.9g	13.6g
Fibre	2.1g	9.9g
Fat	8.1g	37.7g
of which saturated	2.7g	12.4g
Sodium	395mg	1828mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Orzo Pasta
540g	720g	Pork Sausages
2	2	Onions *peel & finely slice 1½ [2]*
45ml	60ml	NOMU Italian Rub
90ml	125ml	Pesto Princess Basil Pesto
8g	10g	Fresh Chives *rinse & finely chop*
30ml	40ml	Lemon Juice

From Your Kitchen

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

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 caramelise, 10-12 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 chives, 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 chives.