



# WCOOK

## 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:** 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 3 | [Serves 4] |  |
| 300ml    | 400ml      | Orzo Pasta   |
| 540g     | 720g       | Pork Sausages  |
| 2        | 2          | Onions<br><i>peel &amp; finely slice 1½ [2]</i>      |
| 45ml     | 60ml       | NOMU Italian Rub                                     |
| 60ml     | 80ml       | Pesto Princess Basil Pesto                           |
| 8g       | 10g        | Fresh Basil<br><i>rinse, pick &amp; roughly tear</i> |
| 30ml     | 40ml       | 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, 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 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.