



# UCCOOK

## Pork Bangers & Herbed Orzo

with basil pesto & lemon juice

**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

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

**Chef:** Kate Gomba

**Wine Pairing:** Neil Ellis Wines | Neil Ellis West Coast  
Sauvignon 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             | 83mg     | 545mg       |

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

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

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

## From Your Kitchen

Oil (cooking, olive or coconut)

Water

Butter

Sugar/Sweetener/Honey

Seasoning (salt & pepper)

**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, 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.