

Eat Within 2 Days

UCOOK

Pesto & Pork Banger Pasta Salad

with peas, piquanté peppers & fresh parsley

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterkloof | Seriously Cool Chenin blanc

Nutritional Info	Per 100g	Per Portion
Energy	1084kJ	4492kJ
Energy	259kcal	1074kcal
Protein	9.9g	41g
Carbs	26g	108g
of which sugars	4g	16.7g
Fibre	2.4g	9.9g
Fat	12.1g	50g
of which saturated	3g	12.4g
Sodium	326mg	1353mg

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

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Fusili Pasta
50g	100g	Peas
180g	360g	Pork Sausages
10ml	20ml	Lemon Juice
20g	40g	Piquanté Peppers *drain*
50ml	100ml	Pesto Mayo *(40ml [80ml] Mayo & 10ml [20ml] Pesto Princess Sun-dried Tomato Pesto)*
3g	5g	Fresh Parsley *rinse, pick & roughly chop*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. PASTA Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

2. PEAS Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

3. SAUSAGE Place a 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 it colours). Remove from the heat and rest in the pan for 5 minutes. Cut into bite-sized rounds.

4. JUST BEFORE SERVING In a salad bowl, combine the lemon juice and a drizzle of olive oil. Add the pasta, sausage rounds, peas, and peppers. Toss to combine, and season. Loosen the pesto mayo with water in 5ml increments until drizzling consistency.

5. DINNER IS READY Bowl up the loaded salad, drizzle with the pesto mayo, and sprinkle with the parsley. Well done, Chef!