



# UCOOK

## Herbed Orzo & Pork Bangers

with fresh basil & lemon juice

Meaning 'barley' in Italian, this grain-like pasta will form the delicious base of your dish today, Chef. Tossed with caramelised onions, fresh basil, and lemon juice, the bed of orzo is topped with juicy pork sausages for a fuss-free dinner that will please any fussy diner.

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Simple & Save

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Neil Ellis Wines | Neil Ellis Groenekloof Syrah 2021

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## Ingredients & Prep

400ml	Orzo Pasta
720g	Pork Sausages
2	Onions <i>peel &amp; finely slice</i>
60ml	NOMU Italian Rub
10g	Fresh Basil <i>rinse, pick &amp; roughly tear</i>
40ml	Lemon Juice

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
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). 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. When hot, fry the sliced 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 onions are done, toss through the cooked orzo, ½ the torn 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.



## Chef's Tip

Air fryer method: Coat the sausages in oil.  
Air fry at 200°C until crispy, 10-15 minutes  
(shifting occasionally).

## Nutritional Information

Per 100g

Energy	746kJ
Energy	178kcal
Protein	8.5g
Carbs	21g
of which sugars	2.9g
Fibre	2g
Fat	5.5g
of which saturated	2.3g
Sodium	322mg

## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Soy, Cow's Milk

Eat  
Within  
2 Days