

Eat Within 2 Days

# 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:** 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 1 | [Serves 2] | |
|---|---|---|
| 100ml | 200ml | Orzo Pasta |
| 180g | 360g | Pork Sausages |
| 1 | 1 | Onion<br>*peel & finely slice ½ [1]* |
| 15ml | 30ml | NOMU Italian Rub |
| 30ml | 60ml | Pesto Princess Basil Pesto |
| 3g | 5g | Fresh Chives<br>*rinse & finely chop* |
| 10ml | 20ml | 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, 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 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.