



# UCOOK

## Herbed Orzo with 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 & 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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 \*NEW Simple & Save

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 Vergelegen | Florence Rosé

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## Ingredients & Prep

400ml	Orzo Pasta
720g	Pork Sausages
2	Onions <i>peeled &amp; finely sliced</i>
30ml	NOMU Italian Rub
10g	Fresh Basil <i>rinsed, picked &amp; roughly torn</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 it colours). Remove from the heat and rest in the pan for 5 minutes.

**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 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 rinsed basil, the lemon juice, 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 halfway).

## Nutritional Information

Per 100g

Energy	855kj
Energy	204kcal
Protein	9.8g
Carbs	25g
of which sugars	2.7g
Fibre	2.1g
Fat	6.3g
of which saturated	2.7g
Sodium	353mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 2  
Days