



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.


Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 2 People

Chef: Kate Gomba

 *NEW Simple & Save

 Vergelegen | Florence Rosé

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Ingredients & Prep

200ml	Orzo Pasta
360g	Pork Sausages
1	Onion <i>peeled & finely sliced</i>
15ml	NOMU Italian Rub
5g	Fresh Basil <i>rinsed, picked & roughly torn</i>
20ml	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, 8-10 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