



More Than Food
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Seared Sausage with Warm Orzo and Veggies

In all honesty, orzo isn't the traditional kind of pasta that most British households carry. Unlike our dear friends spaghetti and penne, orzo makes us feel a bit fancy. It makes us feel like saying: "Oooh! Don't mind if I do!". It's pasta that they've shaped like a bit of rice. Good try! We know a good pasta dish when we taste it and this is one of those!

 30 mins

 lactose free



Flat Leaf Parsley



Red Onion



Garlic Clove



Carrot



Cherry Tomatoes



Courgette



Red Pepper



Lemon




Pork Sausage



Orzo

Ingredients

	2P	4P
Flat Leaf Parsley, chopped	3 tbsp	5 tbsp
Red Onion, chopped	½	1
Garlic Clove, chopped	2	4
Carrot, chopped	2	4
Cherry Tomatoes, halved	1 punnet	2 punnets
Courgette, sliced	1	2
Red Pepper, sliced	1	2
Lemon	½	1
Pork Sausage 1	1	1
Orzo 2	1 cup	2 cups

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Sulphites | 2) Gluten

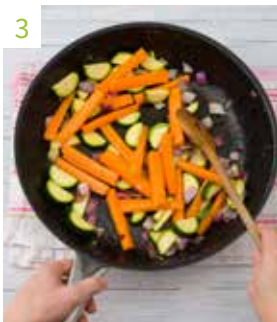
Nutrition per serving: Calories: 930 kcal | Protein: 40 g | Carbs: 118 g | Fat: 34 g | Saturated Fat: 11 g



1 Bring a large pot of water to the boil with ¼ tsp of salt. Roughly chop the parsley. Peel and chop the onion into roughly 2cm pieces and peel and chop your garlic. Peel and chop your carrots in half lengthways then chop both halves again lengthways, cut into batons roughly the size of your little finger. Half the tomatoes. Cut the courgette in half lengthways and slice into ½cm half moons slices. Remove the core from the pepper and cut into 1cm slices. Cut half the lemon into wedges.



2 Heat 1 tsp of oil in a non-stick frying pan over a medium heat. Slice open the sausage and remove the meat. Discard the skin and cook the meat in the pan until browned off - about 6 mins. Set aside.



3 In the same pan, heat 1 tbsp of oil over a medium heat. Add the onion, carrot and courgette and season with ¼ tsp of salt and a few good grinds of black pepper. Cook, tossing, for about 4 mins.



4 Meanwhile, add the orzo to the boiling water. Cook for about 7-9 mins, until al dente. Drain, reserving ¼ of a cup of pasta water, and set aside.

5 While the pasta cooks, add the garlic and peppers to the veggies in the pan. Cook, tossing for 4-5 mins until the peppers are crisp and tender. Add the tomatoes and cook for about 2 mins, until the tomatoes are softened.

6 Add the sausage meat back to the pan with the veggies. Add the orzo, a squeeze of lemon juice, and a splash of pasta water. Toss, taste and season with more salt and pepper if you like.

7 Serve with the lemon wedges and a sprinkle of parsley on top!