

FREGULA FROM SARDINIA

with sausages, peas and smoked provolone



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INGREDIENTS

— Available at Mediterranean foods

380g Fregula Sarda

½ onion finely chopped

1 cup grated smoked provolone

1 cup frozen peas

1 litre vegetable stock (approx)

2 teaspoons finely chopped rosemary

2 Italian style sausages

METHOD

1. In a large pot, fry the onion with some extra virgin olive oil. Take the sausages out of their casing and when the onion start to soften up, add them into the pot.
2. Cook until the meat turns a brown color then add the Fregula. Cook it for 30 seconds, then add some of the hot vegetable stock
3. Cook the fregula as you would cook risotto, adding more vegetable stock as it becomes drier. Keep a soft consistency like a soft porridge could be.
4. After 10 minutes of cooking, add the peas and the rosemary and cook for a further 5 minutes. Taste the fregula and if still too 'al dente' just add a little more stock and simmer for a couple more minutes.
5. Finally add the cheese and fold it through and serve with more provolone on top.

Buon Appetito!

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