

SAUSAGE & PINEAPPLE

Time: 20 minutes

Serves: 8 as a starter

Ingredients:

- 4 fresh Italian sausages
- 2 teaspoons parsley – finely chopped
- 1 clove garlic - finely chopped or grated
- 2 tablespoon extra-virgin olive oil
- 4 rings fresh pineapple

Preparation:

Preheat a gas grill or grill pan on medium heat.

Grill the sausages on all sides for a total of seven minutes. Remove them from the grill and set aside to rest.

While the sausage is cooking, whisk together the parsley, garlic and olive oil.

Grill the pineapple for three minutes on each side. Remove it from the grill and set aside.

Slice the sausage on a bias, then return the slices to the grill for one minute per side. Remove the sausages from the grill.

Cut the pineapple into wedges appropriately sized for the sausage slices.

Plate each sausage slice with a some of the oil mixture and a wedge of pineapple, held together with a toothpick.

Nutritional Information Per Serving:

- Calories: 155
- Fat: 12g
- Carbs: 5g
- Fibre: 0.6g
- Protein: 7g