

ITALIAN SAUSAGE

Time: 10 minutes

Serves: 4

Ingredients:

8g salt
6g white sugar
3g garlic powder
3g ground fennel
3g Spanish paprika
1g fresh ground black pepper
450g lean ground pork
15g red wine vinegar

Preparation:

Combine the salt and spices in a small bowl.

Place the pork in a suitable bowl, and sprinkle with the spice mixture.

Pour in the vinegar.

Knead until well combined.

Nutritional Information Per Serving:

Calories: 244	Hand-Size Portion Guide
Fat: 18g	Palms of Protein: 1
Carbs: 0g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 20g	Thumbs of fat: 0