

Sausage with Mango Salsa

Savannah · 30/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

3

Description

Italian sausage panfried in orange juice and mixed with a zesty mangopeach salsa. Serve over lime cilantro rice, a refreshing summer meal.

Ingredients

- - 1 fresh mango
- peeled and chopped - ½ fresh peach
- peeled and chopped - 1 lime
- juiced - 1 tablespoon chopped red onion - 1 tablespoon chopped fresh cilantro - 2 cups water - 1 cup white rice - 1 lime
- juiced - 1 tablespoon chopped fresh cilantro - cooking spray - 3 Italian turkey sausage links - ½ cup orange juice - 2 pinches garlic salt
- or to taste

Instructions

1. Place mango and peach in a small bowl. Squeeze juice of 1 lime over mango mixture; add onion and 1 tablespoon cilantro. Stir well. Bring water to a boil in a saucepan over high heat. Add rice
2. juice of 1 lime
3. and 1 tablespoon cilantro; stir well. Reduce heat to medium-low
4. cover
5. and simmer until the rice is tender and the liquid has been absorbed
6. 15 to 20 minutes. Set rice aside and keep warm. Spray a large nonstick skillet with cooking spray and place over medium heat. Cook and stir sausages in hot skillet until browned
7. 5 to 10 minutes. Remove sausages from pan; cut into bite-sized pieces. Pour orange juice in skillet used for sausage; bring to a simmer. Return chopped sausage to skillet; cover and simmer in the orange juice until juice has reduced to a syrup and sausage is cooked through
8. about 5 minutes. Add mango salsa to sausage; stir to combine
9. about 30 seconds. Sprinkle with garlic salt; serve over rice.