



# UCOOK

## Lamb Chops & Red Pepper Pesto Orzo

with cucumber & spinach

Lamb is cooked until tender and succulent, then served on a bed of satisfyingly delicious orzo studded with chopped cucumber and spinach. You will love each and every bite of this wonderful dish, Chef!

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**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 4 People

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**Chef:** Aisling Kenny

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Quick & Easy

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Painted Wolf Wines | The Pack Darius  
Carignan 2020

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## Ingredients & Prep

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400ml	Orzo Pasta
80ml	Pesto Princess Red Pepper Pesto
80g	Spinach <i>rinse &amp; roughly shred</i>
200g	Cucumber <i>rinse &amp; roughly dice</i>
700g	Free-range Lamb Leg Chops
20ml	NOMU Provençal Rub
80g	Danish-style Feta
40g	Almonds <i>roughly chopped</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. LOADED ORZO** Bring a pot of salted water to a boil for the orzo. Cook the orzo until al dente, 10-12 minutes. Drain and toss through a generous drizzle of olive oil, the pesto, the shredded spinach, the diced cucumber, and seasoning.

**2. PERFECT LAMB** Place a pan over medium-high heat with a drizzle of oil. Pat the lamb dry with paper towel. When hot, sear the lamb until browned, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan, season, and rest for 5 minutes.

**3. FINISH UP & FEAST** Plate up the loaded orzo, crumble over the feta, and sprinkle over the chopped nuts. Side with the lamb chops. Well done, Chef!



## Chef's Tip

Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

## Nutritional Information

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Per 100g

Energy	1129kJ
Energy	270kcal
Protein	12g
Carbs	17g
of which sugars	1.5g
Fibre	1.7g
Fat	15.9g
of which saturated	6.4g
Sodium	175mg

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## Allergens

Egg, Gluten, Allium, Wheat, Sulphites,  
Tree Nuts, Cow's Milk

Eat  
Within  
4 Days