



UCCOOK

One-pot Chicken Alfredo

with spinach & bacon

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Paul Cluver | Village Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	789kj	4493kj
Energy	189kcal	1075kcal
Protein	12.9g	73.3g
Carbs	12g	71g
of which sugars	2.2g	12.3g
Fibre	1.1g	6.5g
Fat	9.5g	54g
of which saturated	4.2g	23.8g
Sodium	344mg	1959mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

6 strips	8 strips	Streaky Pork Bacon
3	4	Free-range Chicken Breasts
2	2	Onion <i>peel & roughly slice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
30ml	40ml	NOMU Mix <i>(15ml [20ml] NOMU Cajun Rub & 15ml [20ml] NOMU BBQ Rub)</i>
225ml	300ml	Orzo Pasta
15ml	20ml	Chicken Stock
150ml	200ml	Fresh Cream
120g	160g	Italian-style Hard Cheese <i>grate</i>
120g	160g	Spinach <i>rinse</i>
45ml	60ml	Lemon Juice
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Paper Towel
Water
Butter

1. BACON Place a pot over medium heat with a drizzle of oil. When hot, fry the bacon strips until browned and crispy, 1-2 minutes per side. Remove from the pot and drain on paper towel. Roughly chop.

2. CHICKEN Pat the chicken dry with paper towel, cut into bite-sized pieces, and season. Return the pot to medium-high heat with a drizzle of oil. Fry the chicken until golden, 3-4 minutes (shifting occasionally). Remove from the pot.

3. O-YUM ORZO Return the pot to medium heat with all the pot juices and a knob of butter. Fry the onion until soft and lightly golden, 4-5 minutes. Add the garlic and NOMU mix and fry until fragrant, 30-60 seconds. Mix in the orzo, chicken stock, and 600ml [800ml] of water. Bring to a boil. Reduce the heat and cook until the orzo is al dente, 12-14 minutes.

4. ALL TOGETHER Add the cream, ½ of the cheese, bacon, chicken, spinach, and a splash of water to the pot. Simmer until combined and the spinach is wilted, 3-4 minutes. Remove from the heat and season (to taste).

5. TIME TO DINE Bowl up the loaded orzo, top with a sprinkle of the remaining cheese, and drizzle over the lemon juice (to taste). Garnish with a sprinkle of the parsley and dig in, Chef!