



UCOOK

Creamy Chicken & Orzo

**with charred broccoli & grated
Italian-style hard cheese**

When you're low on time but your food expectations are high, this pasta dish sets the standard in time-efficient tastiness. A creamy basil pesto-infused sauce coats al dente orzo pasta and golden mini chicken fillets, spiced with NOMU Italian Rub. Finished with charred broccoli.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

Stettyn Wines | Stettyn Family Range Rosé
Chardonnay Pinot Noir 2023

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

100ml	Orzo Pasta
100g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
150g	Free-range Chicken Mini Fillets
10ml	NOMU Italian Rub
80ml	Creamy Pesto <i>(50ml Crème Fraîche & 30ml Pesto Princess Basil Pesto)</i>
15ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. PASTA Bring a pot of salted water to a boil for the orzo. Cook the orzo until al dente, 10-12 minutes. Drain, reserving a cup of the pasta water, and toss through a drizzle of olive oil.

2. BROCCOLI Place a pan over medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the broccoli pieces until lightly charred, 5-6 minutes (shifting occasionally). Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season.

3. CHICKEN Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel and coat with the NOMU rub. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. Remove from the pan, season, and set aside.

4. TIME TO EAT Add the creamy pesto, the chicken, and seasoning to the pot with the orzo. Loosen with the reserved pasta water if it's too thick. Dish up the loaded orzo, top with the charred broccoli, and sprinkle over the grated cheese. Well done, Chef!



Chef's Tip

Air fryer method: Coat the broccoli pieces in oil and season. Air fry at 200°C until cooked through, 8-10 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	900kJ
Energy	215kcal
Protein	13g
Carbs	16g
of which sugars	1.7g
Fibre	1.7g
Fat	10.4g
of which saturated	4.2g
Sodium	138mg

Allergens

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

Eat
Within
3 Days