



# QCOOK

## Orzo & Golden Mushrooms

with sun-dried tomatoes & cheddar cheese

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Veggie:** Serves 1 & 2

**Chef:** Jordyn Henning

**Wine Pairing:** Paul Cluver | Village Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	668kJ	3322kJ
Energy	160kcal	794kcal
Protein	5.9g	29.5g
Carbs	18g	90g
of which sugars	4.1g	20.2g
Fibre	2.2g	11.1g
Fat	7.1g	35.3g
of which saturated	3.7g	18.6g
Sodium	141mg	704mg

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

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
100ml	200ml	Orzo Pasta
125g	250g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
10ml	20ml	NOMU Italian Rub
1	1	Onion <i>peel &amp; finely dice ½ [1]</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
3g	5g	Fresh Thyme <i>rinse</i>
20g	40g	Sun-dried Tomatoes
20g	40g	Spinach <i>rinse</i>
50ml	100ml	Crème Fraîche
40g	80g	Cheddar Cheese <i>grate</i>

## From Your Kitchen

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Oil (cooking, olive OR coconut)  
Seasoning (Salt & Pepper)  
Water  
Paper Towel

1. **O-YUM ORZO** 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. **MMMUSHROOMS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mushrooms and ½ the NOMU rub until golden, 5-6 minutes (shifting occasionally). Remove from the pan, season and set aside.

3. **FLAVOURFUL VEGGIES** Return the pan to medium heat with a drizzle of oil. Fry the onion until golden, 4-5 minutes (shifting occasionally). Add the garlic, the thyme sprigs, and the remaining NOMU rub and fry until fragrant, 30-60 seconds (shifting constantly). Mix through the sun-dried tomatoes, the spinach and the cooked orzo until combined and the spinach is wilted. Remove from the heat, discard the thyme sprigs, and mix in the crème fraîche, ½ the mushrooms and the cheese until combined. Season and loosen with the reserved pasta water until desired consistency.

4. **SET THE TABLE** Serve up the creamy orzo and top with the remaining mushrooms. Dig in!