



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!

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Aisling Kenny

Quick & Easy

Painted Wolf Wines | The Pack Darius
Carignan 2020

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

Ingredients & Prep

300ml	Orzo Pasta
60ml	Pesto Princess Red Pepper Pesto
60g	Spinach <i>rinse & roughly shred</i>
150g	Cucumber <i>rinse & roughly dice</i>
525g	Free-range Lamb Leg Chops
15ml	NOMU Provençal Rub
60g	Danish-style Feta
30g	Almonds <i>roughly chopped</i>

From Your Kitchen

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

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

Allergens

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

Eat
Within
4 Days