



WCOOK

Creamy Chicken & Orzo

with charred broccoli & grated Italian-style hard cheese

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Fryer's Cove | Fryers Cove Chenin blanc

Nutritional Info

	Per 100g	Per Portion
Energy	915kJ	4055kJ
Energy	219kcal	970kcal
Protein	13.3g	58.7g
Carbs	16g	72g
of which sugars	1.7g	7.5g
Fibre	1.8g	7.8g
Fat	10.8g	47.9g
of which saturated	4.2g	18.7g
Sodium	185mg	821mg

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

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Orzo Pasta
300g	400g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
3	4	Free-range Chicken Breasts <i>pat dry & cut into 1cm thick strips</i>
30ml	40ml	NOMU Italian Rub
300ml	400ml	Creamy Pesto <i>(180ml [240ml] Crème Fraîche & 120ml [160ml] Pesto Princess Basil Pesto)</i>
75ml	100ml	Grated Italian-style Hard Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (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 until lightly charred, 7-8 minutes (shifting occasionally). Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Alternatively, air fry at 200°C until cooked through, 10-12 minutes (shifting halfway). Remove from the pan and season.

3. CHICKEN Place a pan over medium heat with a drizzle of oil. Coat the chicken with the NOMU rub. When hot, fry until golden and cooked through, 1-2 minutes per side. You may need to do this step in batches. Remove from the pan, season, and set aside.

4. TIME TO EAT To the pot with the orzo, add the creamy pesto, the chicken, and seasoning. 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!