



# UCOOK

## Pesto Orzo & Crispy Chicken

with pickled peppers, chilli flakes & baby marrow

Simple and packed with flavour - orzo is loaded with baby marrow rounds, bright basil, pickled peppers, and flecks of chilli flakes, before being smothered in a vibrant basil pesto. This creates a colourful and delicious base for juicy, golden chicken slices. It's a winner!

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes


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**Serves:** 1 Person

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**Chef:** Thea Richter

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 Fan Faves

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 Creation Wines | Creation Chardonnay

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## Ingredients & Prep

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100ml	Orzo Pasta
200g	Baby Marrow <i>rinsed, trimmed &amp; cut into 1cm thick rounds</i>
1	Onion <i>½ peeled &amp; roughly diced</i>
5ml	NOMU Italian Rub
1	Garlic Clove <i>peeled &amp; grated</i>
5ml	Dried Chilli Flakes
3g	Fresh Basil <i>rinsed, picked &amp; roughly torn</i>
15g	Piquanté Peppers <i>drained &amp; roughly chopped</i>
1	Free-range Chicken Breast
25ml	Pesto Princess Basil Pesto

## From Your Kitchen

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

**1. ALL FOR THE 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 drizzle of olive oil.

**2. FRAGRANT FRY-UP** Place a pan (large enough for the orzo) over medium-high heat with a drizzle of oil. When hot, fry the baby marrow rounds and the diced onion until soft and browned, 4-5 minutes (shifting occasionally). Add the NOMU rub, the grated garlic, the chilli flakes (to taste), ½ the torn basil, and the chopped peppers. Fry until fragrant, 1-2 minutes (shifting constantly). Remove from the heat and set aside.

**3. JUICY CHICKY** Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**4. PERFECT PESTO ORZO** To the pan with the baby marrow, toss through the pesto, seasoning, and the cooked orzo.

**5. HEAVENLY MOMENT** Plate up the loaded orzo and top with the chicken slices. Sprinkle over any remaining chilli flakes (to taste) and basil. Dive in, Chef!

## Nutritional Information

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Per 100g

Energy	533kj
Energy	127kcal
Protein	9.2g
Carbs	15g
of which sugars	2.7g
Fibre	1.4g
Fat	3.3g
of which saturated	0.6g
Sodium	85mg

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## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 3  
Days