



U C O O K

— COOKING MADE EASY

Zesty Chicken & Tuscan Orzo

with creamy feta, basil pesto & Kalamata olives

Italian flavours the whole family will love – and an absolute breeze to make! A sumptuous baby tomato sauce with Italian herbs, spinach, olives, and feta, folded through orzo pasta. Crowned with a tender chicken breast and flecked with lemon zest and fresh basil.

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Tess Witney

 **Easy Peasy**

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



Ingredients & Prep

20ml	Vegetable Stock
3	Garlic Clove <i>peeled & grated</i>
600g	Baby Tomatoes <i>rinsed & halved</i>
10ml	NOMU Italian Rub
200g	Spinach <i>rinsed & roughly shredded</i>
2	Lemon <i>zested & cut into wedges</i>
100g	Pitted Kalamata Olives <i>drained & roughly chopped</i>
300ml	Orzo Pasta
4	Free-Range Chicken Breast
200g	Danish-Style Feta <i>drained</i>
60ml	Pesto Princess Basil Pesto
10g	Fresh Basil <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Sugar/Sweetener/Honey
Paper Towel

1. GET THE PASTA WATER BOILING Fill a pot with 800ml of water and add in the stock. Give it a stir, place over a medium-high heat, and allow it come to the boil while you start the sauce.

2. ITALIAN FLAIR! Place a pan that has a lid over a medium-high heat with a drizzle of oil. When hot, fry the grated garlic for a minute until fragrant, shifting constantly. Pour in 100ml of water, add a pinch of salt, and stir in the halved baby tomatoes. Cook for 5-6 minutes until softened, breaking them up as they cook. Stir through the Italian Rub, the shredded spinach, and a good squeeze of lemon juice. Cook for 5-6 minutes, stirring constantly, until the spinach has wilted and the pasta sauce has thickened. If it's too thick on completion, gradually add water in 10ml increments to loosen it. Stir through the chopped olives and season with salt, pepper, and a sweetener of choice to taste. Transfer the sauce to a bowl and set aside. Set the pan aside for step 4.

3. COOK THE ORZO Once the pot of water is boiling rapidly, cook the orzo for 7-10 minutes until al dente, stirring occasionally to prevent it from sticking to the pot. Remove from the heat on completion, drain if necessary, and toss through some oil to prevent sticking.

4. CRISPY-SKINNED CHICKEN Pat the chicken breasts dry with some paper towel. Wipe down the pan and return it to a medium heat with another drizzle of oil. When hot, fry the chicken skin-side down for 5-7 minutes until crispy. Flip, pop on the lid, and fry for another 5-7 minutes until cooked through. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan on completion and set aside to rest for 5 minutes before slicing. Lightly season the slices.

5. FINISH THE PASTA Return the pan to a medium heat with another drizzle of oil or a knob of butter. Add in the cooked orzo, the tomato and spinach sauce, and three-quarters of the drained feta. Gently stir for 3-4 minutes until the orzo is coated and the feta is slightly melted. Remove from the heat on completion.

6. ORZO TIME! Serve up a delicious bowl of vegetable orzo pasta and top with the sliced chicken breast. Garnish with the remaining feta, the rinsed basil leaves, and some lemon zest. Finally, dollop over the basil pesto and serve with any remaining lemon wedges on the side. Bellissimo!



Chef's Tip

To cook food 'al dente' means to cook it so that it's still firm when bitten. It should be tender, but not soft! This typically refers to pasta, but also applies to other grains, as well as a range of vegetables. Remember this when you see 'al dente' in other recipes!

Nutritional Information

Per 100g

Energy	693kJ
Energy	166Kcal
Protein	9.7g
Carbs	13g
of which sugars	1.5g
Fibre	1.5g
Fat	8g
of which saturated	2.7g
Sodium	383mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 3
Days