



# UCOOK

## One-tray Orzo & Chicken

with **NOMU One For All Rub** & fresh chives

The easiest dinner of your dreams! Pop it in the oven, leave it, and tuck in! Chicken is cooked on a bed of orzo loaded with garlic, red & green pepper, onion, and spinach.

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**Hands-on Time:** 10 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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 Fan Faves

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 Stellenzicht | Thunderstone Rosé

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## Ingredients & Prep

2	Free-range Chicken Thighs
10ml	NOMU One For All Rub
75ml	Orzo Pasta
1	Red Bell Pepper <i>½ deseeded &amp; finely sliced</i>
1	Green Bell Pepper <i>½ deseeded &amp; finely sliced</i>
1	Onion <i>½ peeled &amp; finely sliced</i>
1	Garlic Clove <i>peeled &amp; grated</i>
5ml	Chicken Stock
50ml	Fresh Cream
20g	Spinach <i>rinsed</i>
4g	Fresh Chives <i>rinsed &amp; finely chopped</i>
1	Lemon <i>cut into wedges</i>

## From Your Kitchen

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

**1. LET'S GET GOING** Preheat the oven to 200°C. Boil the kettle. Pat the chicken dry with paper towel. Coat in oil, the rub, and seasoning.

**2. ONE DISH TO RULE THEM ALL** In an ovenproof dish, add the orzo, the sliced red and green pepper, the sliced onion, the grated garlic, the stock, 150ml of boiling water, seasoning, and the cream. Top with the seasoned chicken. Roast in the hot oven for 35-40 minutes until the orzo is cooked through and the chicken is becoming crispy, shifting halfway.

**3. DON'T LEAF IT OUT** When the roast is done, remove the dish from the oven. Remove the chicken from the dish and set aside for serving. Add the rinsed spinach to the cooked orzo and mix until fully combined and starting to wilt.

**4. WINNER, WINNER, CHICKEN DINNER!** Plate up the orzo. Side with the delicious chicken and sprinkle over the chopped chives. Squeeze over some lemon juice (to taste). Well done, Chef!



## Chef's Tip

If you would like your chicken skin crispy: when the roast is done, turn the oven on to the grill setting or the highest temperature. Pop the chicken back in the oven and grill for an extra 5 minutes!

## Nutritional Information

Per 100g

Energy	539kj
Energy	129kcal
Protein	8.2g
Carbs	10g
of which sugars	2.3g
Fibre	1.3g
Fat	6.2g
of which saturated	2.4g
Sodium	114mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 3  
Days