



UCCOOK

Red Pesto Chicken & Orzo

with Danish-style feta & Kalamata olives

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Hellen Mwanza

Wine Pairing: Strandveld | Adamastor White Blend

Nutritional Info

	Per 100g	Per Portion
Energy	994kJ	3755kJ
Energy	238kcal	898kcal
Protein	10.2g	38.4g
Carbs	22g	84g
of which sugars	2.7g	10.1g
Fibre	1.9g	7.2g
Fat	11.4g	43g
of which saturated	3.9g	14.7g
Sodium	640.1mg	2419mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Spring Onions <i>rinse, trim & finely slice</i>
300ml	400ml	Orzo Pasta
125ml	160ml	Pesto Princess Red Pepper Pesto
3	4	Smoked Chicken Breasts <i>roughly dice</i>
60g	80g	Spinach <i>rinse</i>
8g	10g	Fresh Oregano <i>rinse, pick & roughly chop</i>
45ml	60ml	Lemon Juice
120g	160g	Danish-style Feta <i>drain</i>
90g	120g	Pitted Kalamata Olives <i>drain & halve</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

1. SPRING ONION ORZO Place a pan over medium heat with a drizzle of oil (if necessary). When hot, fry the spring onion until caramelised, 3-4 minutes (shifting occasionally). Add the orzo and fry until fragrant, 30-60 seconds (shifting constantly). Pour in 600ml [800ml] of water. Cover and simmer until the orzo is al dente, 12-15 minutes.

2. LAYERS OF FLAVOURS In the final 2-3 minutes, mix through the pesto, the chicken, the spinach, ½ the oregano, and the lemon juice (to taste). Crumble over the feta and scatter the olives. Cover for the remaining time.

3. 1 POT. 5 STARS. Serve up the flavourful orzo and garnish with the remaining oregano.