



UCOOK

Pork Chop & Homemade Baked Beans

with orzo & fresh thyme

Categorised as 'pastina' (which means little pasta), orzo might be small in stature but can hold up to big flavours. In this recipe, al dente orzo swims in a tomato paste & vegetable stock sauce with butter beans, fresh thyme, golden onions & carrots. Topped with perfectly seared and juicy pork chops.


Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

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Ingredients & Prep

75ml	Orzo Pasta
1	Onion <i>peel & finely dice ½</i>
120g	Carrot <i>rinse, trim, peel & roughly dice</i>
10ml	NOMU Spanish Rub
3g	Fresh Thyme <i>rinse & pick</i>
10ml	Tomato Paste
5ml	Vegetable Stock
120g	Butter Beans <i>drain & rinse</i>
10ml	Lemon Juice
220g	Pork Loin Chops

From Your Kitchen

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

1. WIZARD OF 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. TOMATO & THYME BUTTER BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the diced onions and carrots until soft and turning golden, 3-5 minutes (shifting occasionally). Add $\frac{3}{4}$ of the NOMU rub and $\frac{1}{2}$ the picked thyme, and fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato paste, the vegetable stock, and 150ml water. Simmer until slightly thickened, 10-12 minutes. In the final 3-4 minutes, mix in the drained butter beans. Remove from the heat and mix in the cooked orzo, the lemon juice (to taste), a drizzle of olive oil, and seasoning.

3. PERFECT PORK CHOPS Pat the pork chops dry with paper towel. Using a pair of kitchen scissors or a knife, make a few shallow incisions along the fat to prevent the meat from buckling during frying. Coat in oil and season. Place a pan over medium-high heat. When hot, sear the pork, fat-side down, until the fat is rendered and crispy, 3-5 minutes. Then, fry until cooked through, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the remaining NOMU rub. Remove from the pan and rest for 2-3 minutes.

4. ITALY IN MY KITCHEN Plate up the crispy pork and side with the loaded orzo. Garnish with the remaining thyme.

Nutritional Information

Per 100g

Energy	587kJ
Energy	140kcal
Protein	9.9g
Carbs	15g
of which sugars	2.2g
Fibre	2.3g
Fat	3.4g
of which saturated	1g
Sodium	244mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites,
Cow's Milk

Cook
within 2
Days