



UCOOK

One Pot Lamb Orzo

with fresh oregano & Italian-style hard cheese

Browned cubes of lamb, earthy spinach, spring onion, & al dente orzo pasta is cooked in a rich tomato passata sauce. Garnished with grated Italian-style cheese and fresh oregano, these simple, satisfying flavours are Italy on a plate.

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Kate Gomba

Quick & Easy

Strandveld | First Sighting Syrah

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Ingredients & Prep

450g	Free-range Lamb Chunks
2	Spring Onions <i>rinse, trim & roughly slice</i>
30ml	NOMU Italian Rub
300ml	Orzo Pasta
150ml	Tomato Passata
150g	Spinach <i>rinse & roughly shred</i>
8g	Fresh Oregano <i>rinse, pick & roughly chop</i>
60ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. BROWN THE LAMB Boil the kettle. Place a pot over medium-high heat with a drizzle of oil and a knob of butter. Pat the lamb dry with paper towel and cut into small chunks. When hot, sear the lamb until browned, 2-3 minutes (shifting occasionally).

2. O-YUM ORZO Add the sliced spring onion and the NOMU rub to the pot. Fry until fragrant, 2-3 minutes. Mix in the orzo, the tomato passata, and 600ml of boiling water. Simmer until the orzo is cooked through and the sauce is thickening, 12-15 minutes. In the final 2-3 minutes, mix in the shredded spinach, and ½ of the chopped oregano. Remove from the heat and season.

3. INSPIRED BY ITALY Bowl up the loaded orzo, sprinkle over the grated cheese, and garnish with the remaining oregano. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	882kJ
Energy	211kcal
Protein	11.3g
Carbs	18g
of which sugars	2.1g
Fibre	1.9g
Fat	9.7g
of which saturated	3.7g
Sodium	269mg

Allergens

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

Eat
Within
4 Days