



# UCOOK

## Sage Chicken Meatballs & Orzo

with Italian-style hard cheese & peas

It's out with the go-to combo of beef meatballs, tomato sauce & spaghetti and in with creamy orzo pasta, topped with golden chicken meatballs and garnished with toasted pumpkin seeds & cheese. What makes this pasta dish extra special is the zestiness of lemon, the creamy chicken stock, and your culinary talent, Chef!

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person


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**Chef:** Samantha du Toit

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 Fan Faves

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 Muratie Wine Estate | Muratie Martin Melck  
Cabernet Sauvignon 2019

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## Ingredients & Prep

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6g	Mixed Herbs <i>(3g Fresh Sage &amp; 3g Fresh Thyme)</i>
10g	Sunflower Seeds
150g	Free-range Chicken Mince
1	Onion <i>peel &amp; finely dice ½</i>
1	Garlic Clove <i>peel &amp; grate</i>
1	Lemon <i>rinse, zest &amp; cut ½ into wedges</i>
75g	Orzo Pasta
5ml	Chicken Stock
50g	Peas
20g	Spinach <i>rinse</i>
50ml	Crème Fraîche
50ml	Grated Italian-style Hard Cheese

## From Your Kitchen

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

**1. HERBS & SEEDS** Rinse the mixed herbs. Pick the sage leaves, pat dry, finely chop, and set aside. Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**2. MAKE THE MEATBALLS** In a bowl, combine the mince, ½ the diced onion (to taste), ½ the grated garlic, the chopped sage (to taste), the lemon zest (to taste), and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs. Set aside.

**3. O-YUM ORZO** Boil the kettle. Place a pot over medium heat with a drizzle of oil. When hot, fry the remaining onion until golden, 4-5 minutes. Add the remaining garlic and fry until fragrant, 1-2 minutes. Stir in the orzo, the stock, the rinsed thyme sprigs, and 150ml of boiling water. Bring to a simmer and then reduce the heat to medium-low. Cook until al dente, 10-12 minutes.

**4. PLUMP PEAS** Submerge the peas in boiling water until plump, 2-3 minutes. Drain.

**5. FRY THE FLAVOURBOMBS** Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 4-5 minutes (shifting occasionally). Remove from the pan.

**6. LOADED PASTA** When the orzo is cooked, discard the thyme sprigs then add the rinsed spinach and the plump peas to the pot. Remove from the heat, mix in a squeeze of lemon juice and the crème fraîche, and season. Loose with a splash of warm water if too thick.

**7. MAMMA MIA, CHEF!** Bowl up the creamy orzo. Top with the chicken meatballs. Garnish with the toasted seeds and the hard cheese. Serve any remaining lemon wedges on the side.

## Nutritional Information

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Per 100g

Energy	703kJ
Energy	168kcal
Protein	9g
Carbs	15g
of which sugars	2.4g
Fibre	2.2g
Fat	7.8g
of which saturated	3.4g
Sodium	129mg

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## Allergens

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

Cook  
within 1  
Day