



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!


Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Samantha du Toit

 Fan Faves

 Muratie Wine Estate | Muratie Martin Melck
Cabernet Sauvignon 2019

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Ingredients & Prep

20g	Mixed Herbs <i>(10g Fresh Sage & 10g Fresh Thyme)</i>
40g	Sunflower Seeds
600g	Free-range Chicken Mince
4	Onions <i>peel & finely dice</i>
4	Garlic Cloves <i>peel & grate</i>
2	Lemons <i>rinse, zest & cut into wedges</i>
300ml	Orzo Pasta
20ml	Chicken Stock
200g	Peas
80g	Spinach <i>rinse</i>
200ml	Crème Fraîche
200ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. HERBS & SEEDS Rinse the mixed herbs. Pick the sage leaves from the stem, 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 per portion. 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, 6-7 minutes. Add the remaining garlic and fry until fragrant, 2-3 minutes. Stir in the orzo, the stock, the rinsed thyme sprigs, and 600ml 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, 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

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

Allergens

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

Cook
within 1
Day