



UCOOK

Mediterranean Orzo & Paneer

with tzatziki & pitted Kalamata olives

Transport your taste buds to the Mediterranean with our Greek-inspired orzo dish. Tender orzo pasta, tangy feta cheese, and salty Kalamata olives are combined with zesty tzatziki, juicy tomatoes, and fresh dill. Top it all off with golden bites of crispy paneer cheese for a meal that's bursting with flavour and texture.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

Veggie

KWV - The Mentors | KWV The Mentors Petit Verdot 2020

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Ingredients & Prep

100ml	Orzo Pasta
3g	Fresh Dill
1	Tomato
25g	Pitted Kalamata Olives
30g	Danish-style Feta
50g	Paneer Cheese <i>slice lengthways into 1cm thick slabs</i>
1	Lemon <i>rinse, zest & cut ½ into wedges</i>
50ml	Tzatziki
1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>
1	Spring Onion <i>rinse, trim & finely slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Sugar/Sweetener/Honey

1. ON TO THE 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. PREP STEP Rinse and roughly chop the dill. Rinse and roughly dice the tomato. Drain and halve the olives. Drain the feta.

3. SLABS OF GOLD Place a pan over medium-high heat with a drizzle of oil. When hot, fry the paneer slabs until golden, 1-2 minutes per side. Drain on paper towel. Cut into bite-sized chunks.

4. SPIRIT OF THE MED In a salad bowl, combine the juice of 1 lemon wedge, the lemon zest (to taste), a drizzle of olive oil, 5ml of sweetener, and seasoning. Add the cooked orzo, the tzatziki, the diced tomato, the halved olives, ½ the chopped dill, the pepper strips, and the sliced spring onion. Crumble in the drained feta and mix until combined.

5. GREEK FEAST Plate up the loaded Greek orzo. Scatter over the paneer chunks and sprinkle over the remaining dill. Serve with any remaining lemon wedges. Time to dine, Chef!

Nutritional Information

Per 100g

Energy	378kJ
Energy	90kcal
Protein	4.6g
Carbs	12g
of which sugars	2.5g
Fibre	2g
Fat	3g
of which saturated	1.7g
Sodium	87mg

Allergens

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

Eat
Within
3 Days