



UCCOOK

Pesto Orzo & Crispy Chicken

with pickled peppers, chilli flakes & baby marrow

Simple and packed with flavour - orzo is loaded with baby marrow rounds, bright basil, pickled peppers, and flecks of chilli flakes, before being smothered in a vibrant basil pesto. This creates a colourful and delicious base for juicy, golden chicken slices. It's a winner!

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Thea Richter

 Fan Faves

 Creation Wines | Creation Chardonnay

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Ingredients & Prep

300ml	Orzo Pasta
600g	Baby Marrow <i>rinsed, trimmed & cut into 1cm thick rounds</i>
2	Onions <i>1½ peeled & roughly diced</i>
15ml	NOMU Italian Rub
2	Garlic Cloves <i>peeled & grated</i>
15ml	Dried Chilli Flakes
8g	Fresh Basil <i>rinsed, picked & roughly torn</i>
45g	Piquanté Peppers <i>drained & roughly chopped</i>
3	Free-range Chicken Breasts
75ml	Pesto Princess Basil Pesto

From Your Kitchen

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

1. ALL FOR 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. FRAGRANT FRY-UP Place a pan (large enough for the orzo) over medium-high heat with a drizzle of oil. When hot, fry the baby marrow rounds and the diced onion until soft and browned, 4-5 minutes (shifting occasionally). Add the NOMU rub, the grated garlic, the chilli flakes (to taste), ½ the torn basil, and the chopped pickled pepper. Fry until fragrant, 1-2 minutes (shifting constantly). Remove from the heat and set aside.

3. JUICY CHICKY Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. PERFECT PESTO ORZO To the pan with the baby marrow, toss through the pesto, seasoning, and the cooked orzo.

5. HEAVENLY MOMENT Plate up the loaded orzo and top with the chicken slices. Sprinkle over any remaining chilli flakes (to taste) and basil. Dive in, Chef!

Nutritional Information

Per 100g

Energy	533kj
Energy	127kcal
Protein	9.2g
Carbs	15g
of which sugars	2.7g
Fibre	1.4g
Fat	3.3g
of which saturated	0.6g
Sodium	85mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days