



UCCOOK

Haute Cabrière Balsamic Tomato & Feta Orzo

with crispy panko crumb sprinkle

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Veggie: Serves 3 & 4

Chef: Haute Cabrière

Wine Pairing: Haute Cabrière | Tranquille Classique

Nutritional Info

	Per 100g	Per Portion
Energy	485kj	2746kj
Energy	116kcal	657kcal
Protein	4g	22.8g
Carbs	17g	99g
of which sugars	5.5g	31.1g
Fibre	2g	11.3g
Fat	2.9g	16.7g
of which saturated	1.3g	7.5g
Sodium	198mg	1122mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Orzo Pasta
90ml	125ml	Panko Breadcrumbs
190g	250g	Button Mushrooms <i>wipe clean & roughly slice</i>
2	2	Garlic Cloves <i>peel & grate</i>
240g	320g	Baby Tomatoes <i>rinse & halve</i>
2	2	Onions <i>peel & finely slice 1½ [2]</i>
15ml	20ml	NOMU Italian Rub
300g	400g	Cooked Chopped Tomato
8g	10g	Fresh Parsley <i>rinse & roughly chop</i>
90g	120g	Pitted Kalamata Olives <i>drain & halve</i>
120g	160g	Danish-style Feta <i>drain & crumble</i>
45ml	60ml	Balsamic Reduction

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Seasoning (salt & pepper)
Sugar/Sweetener/Honey
Butter (optional)

- 1. O-YUM ORZO** Submerge the orzo in a pot with salted water and bring to a boil. Cook the orzo until al dente, 8-12 minutes. Drain and toss through a drizzle of olive oil.
- 2. GOLDEN CRUMBS** Place a pan over medium-high heat with a knob of butter (or drizzle of oil). When the butter has melted, add the panko crumbs and fry until golden, 4-5 minutes (shifting constantly). Remove from the pan and set aside.
- 3. MMMUSHROOMS** Return the pan to medium-high heat with a drizzle of oil. Fry the mushrooms until golden, 6-8 minutes (shifting occasionally). In the final 1-2 minutes, add the garlic and fry until fragrant. Remove from the pan and season.
- 4. FRY THE VEG** Return the pan to medium heat (wiped down if necessary) with a drizzle of oil. Char the baby tomatoes until blistered, 5-6 minutes. In the final minute, add a sweetener and seasoning. Remove from the pan and set aside. Return the pan to medium heat, with oil (if necessary). Fry the onion until golden, 5-6 minutes (shifting occasionally). Add the NOMU rub, the cooked chopped tomatoes, 300ml [400ml] of water and the parsley. Simmer until thickening slightly, 8-10 minutes (shifting occasionally). In the final 2-3 minutes, add a sweetener (to taste) and seasoning. Remove from the heat and mix through the orzo, ½ the olives, the onion and the mushrooms.
- 5. JUST LOOK AT THAT!** Bowl up the loaded orzo. Top with the remaining olives, the feta and the bread crumbs. Drizzle over the balsamic reduction and dig in, Chef!