



# UCCOOK

## Pork & Sun-dried Tomato Orzo

**with Italian-style hard cheese & fresh basil**

Spaghetti, lasagne, macaroni. These pastas feature in most South African homes. We think it's time to shake things up by making the springy, velvety, and highly underutilised orzo pasta a recipe staple. Joining the pasta party are browned pork mince, sun-dried tomato, peas & onion flakes - all coated in a tangy tomato & Italian-spiced sauce. Finished with fresh basil & sprinklings of cheese.


**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

**Serves:** 2 People

**Chef:** Kate Gomba

 Quick & Easy

 Domaine Des Dieux | Sangiovese 2017

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## Ingredients & Prep

150ml	Orzo Pasta
300g	Pork Mince
30g	Onion Flakes
60ml	Spiced Flour <i>(20ml NOMU Italian Rub &amp; 40ml Cake Flour)</i>
30ml	Tomato Paste
200ml	Low Fat UHT Milk
100g	Peas
40g	Sun-dried Tomatoes <i>drain &amp; roughly chop</i>
60ml	Grated Italian-style Hard Cheese
5g	Fresh Basil <i>rinse, pick &amp; roughly tear</i>

## From Your Kitchen

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

**1. WE'RE OFF WITH ORZO** Bring a pot of salted water to a boil for the orzo. Cook the orzo until al dente, 10-12 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

**2. MMMINCE** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally).

**3. TANGY & CREAMY** Add the onion flakes, the spiced flour, the tomato paste, and a drizzle of oil to the mince. Fry until fragrant, 1-2 minutes. Slowly stir in the milk until thickened (whisking constantly). Add the reserved pasta water until a saucy consistency. Add the peas, the chopped sun-dried tomatoes, and seasoning. Simmer until warmed through, 2-3 minutes. Add the cooked orzo and mix to combine. Loosen with more pasta water if it's too thick. Remove from the heat and season.

**4. PERFECT PASTA** Bowl up the creamy pork pasta. Scatter over the cheese and garnish with the torn basil. Easy as that, Chef!

## Nutritional Information

Per 100g

Energy	867kJ
Energy	207kcal
Protein	10.7g
Carbs	19g
of which sugars	4g
Fibre	2g
Fat	9.8g
of which saturated	3.6g
Sodium	112.4mg

## Allergens

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

Eat  
within 1  
Day