



UCCOOK

Italian Chicken Mince & Orzo

with Italian-style hard cheese & fresh basil

Orzo is cooked to perfection, then added to succulent chicken mince browned in NOMU's Italian rub, and coated in a flavourful tomato sauce. Everything is then crowned with the richness of grated Italian-style hard cheese & aromatic basil leaves. Simply delish!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba



*NEW Simple & Save



Waterford Estate | Waterford Pecan Stream
Sauvignon Blanc

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Ingredients & Prep

100ml	Orzo Pasta
150g	Free-range Chicken Mince
1	Onion <i>½ peeled & roughly diced</i>
10ml	NOMU Italian Rub
100ml	Tomato Passata
15ml	Grated Italian-style Hard Cheese
3g	Fresh Basil <i>rinsed, picked & roughly torn</i>

From Your Kitchen

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

1. COOK THE ORZO Bring a pot of salted water to a boil. Cook the orzo until al dente, 7-10 minutes. Drain, reserve a cup of the pasta water, and toss a drizzle of olive oil through the cooked orzo.

2. SAUCY MINCE 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, 3-4 minutes (shifting occasionally). Add the diced onions and fry until soft, 3-4 minutes. Add the NOMU rub and fry until fragrant, 1-2 minutes. Pour in the tomato passata and 150ml of water. Mix to combine and simmer until thickening, 10-12 minutes. Stir through the cooked orzo, a sweetener, and seasoning. Loosen with a splash of the reserved pasta water if it's too thick.

3. DINNER IS SERVED Plate up the loaded orzo, top with a sprinkle of the grated hard cheese, and garnish with the torn basil. Easy, Chef!

Nutritional Information

Per 100g

Energy	641kJ
Energy	153kcal
Protein	9.5g
Carbs	20g
of which sugars	2.8g
Fibre	1.8g
Fat	3.8g
of which saturated	1.1g
Sodium	343mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 1
Day