



# UCOOK

## Pork Chop & Homemade Baked Beans

with orzo & fresh thyme

Categorised as 'pastina' (which means little pasta), orzo might be small in stature but can hold up to big flavours. In this recipe, al dente orzo swims in a tomato paste & vegetable stock sauce with butter beans, fresh thyme, golden onions & carrots. Topped with perfectly seared and juicy pork chops.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People


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**Chef:** Megan Bure

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 Fan Faves

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 KWV - The Mentors | KWV The Mentors Cabernet Franc 2020

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## Ingredients & Prep

300ml	Orzo Pasta
2	Onions <i>peel &amp; finely dice</i>
240g	Carrot <i>rinse, trim, peel &amp; roughly dice</i>
40ml	NOMU Spanish Rub
10g	Fresh Thyme <i>rinse &amp; pick</i>
40ml	Tomato Paste
20ml	Vegetable Stock
480g	Butter Beans <i>drain &amp; rinse</i>
40ml	Lemon Juice
880g	Pork Loin Chops

## From Your Kitchen

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

**1. WIZARD OF 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. TOMATO & THYME BUTTER BEANS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the diced onions and carrots until soft and turning golden, 5-8 minutes (shifting occasionally). Add  $\frac{3}{4}$  of the NOMU rub and  $\frac{1}{2}$  the picked thyme, and fry until fragrant, 1-2 minutes (shifting constantly). Add the tomato paste, the vegetable stock, and 600ml water. Simmer until slightly thickened, 12-15 minutes. In the final 3-4 minutes, mix in the drained butter beans. Remove from the heat and mix in the cooked orzo, the lemon juice (to taste), a drizzle of olive oil, and seasoning.

**3. PERFECT PORK CHOPS** Pat the pork chops dry with paper towel. Using a pair of kitchen scissors or a knife, make a few shallow incisions along the fat to prevent the meat from buckling during frying. Coat in oil and season. Place a pan over medium-high heat. When hot, sear the pork, fat-side down, until the fat is rendered and crispy, 3-5 minutes. Then, fry until cooked through, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the remaining NOMU rub. Remove from the pan and rest for 2-3 minutes.

**4. ITALY IN MY KITCHEN** Plate up the crispy pork and side with the loaded orzo. Garnish with the remaining thyme.

## Nutritional Information

Per 100g

Energy	587kJ
Energy	140kcal
Protein	9.9g
Carbs	15g
of which sugars	2.2g
Fibre	2.3g
Fat	3.4g
of which saturated	1g
Sodium	244mg

## Allergens

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

Cook  
within 2  
Days