



U**COOK**

Herby Chicken Orzo

with fresh parsley & piquanté peppers

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Hellen Mwanza

Nutritional Info

	Per 100g	Per Portion
Energy	391kj	2648kj
Energy	93kcal	633kcal
Protein	7g	47.3g
Carbs	11g	78g
of which sugars	3g	20.1g
Fibre	1.4g	9.5g
Fat	2g	13.9g
of which saturated	0.8g	5.4g
Sodium	58mg	390mg

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

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Orzo Pasta
450g	600g	Free-range Chicken Mini Fillets
30ml	40ml	NOMU One For All Rub
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into strips</i>
125ml	160ml	Sour Cream
60g	80g	Piquanté Peppers <i>drain</i>
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

- 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, reserving 1 cup of pasta water, and toss through a drizzle of olive oil.
- 2. NOMU-SPICED CHICKEN** Place a pan over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken until golden and cooked through, 1-2 minutes per side. In the final minute, baste with a knob of butter and the NOMU rub. You may need to do this step in batches. Remove from the pan, season, and set aside.
- 3. VEGGIE MEDLEY** Return the pan to medium heat with a drizzle of oil. When hot, fry the onion until golden, 8-10 minutes (shifting occasionally). Add the bell peppers and fry until lightly charred, 4-5 minutes (shifting occasionally).
- 4. SOUR CREAM & SWEET PEPPERS** Add the chicken back into the pan along with the sour cream, orzo, and piquanté peppers. Mix to combine and loosen with the reserved pasta water until saucy consistency. Season and remove from the heat.
- 5. DINNER IS READY!** Plate up the delicious chicken orzo and garnish with the parsley.