



# UCCOOK

## Tomato, Feta & Ostrich Orzo

with spinach & toasted seeds

**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Hellen Mwanza

**Wine Pairing:** Nitída | Merlot

### Nutritional Info

	Per 100g	Per Portion
Energy	565kJ	2841kJ
Energy	135kcal	679kcal
Protein	9.4g	47.2g
Carbs	11g	54g
of which sugars	2.6g	13.2g
Fibre	1.5g	7.3g
Fat	5.5g	27.6g
of which saturated	1.8g	9.1g
Sodium	189mg	948mg

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

**Spice Level:** None

Eat Within 5 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Sunflower Seeds
150g	300g	Free-range Ostrich Mince
50ml	100ml	Orzo Pasta
1	1	Onion <i>peel &amp; finely slice ½ [1]</i>
10ml	20ml	NOMU Roast Rub
100ml	200ml	Tomato Passata
20g	40g	Green Leaves <i>rinse</i>
30g	60g	Danish-style Feta <i>drain</i>

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

**1. TOAST** Place the sunflower seeds in a pot over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**2. ALL TOGETHER** Return the pot to medium-high heat with a drizzle of oil. 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 onion and fry until soft, 4-5 minutes. Add the NOMU rub and fry until fragrant, 1-2 minutes. Mix in the tomato passata, the orzo, and 200ml [400ml] of water. Simmer until reduced and the orzo is al dente, 12-15 minutes. In the final 1-2 minutes, add the spinach, a sweetener (to taste), and seasoning. Remove from the heat.

**3. TIME TO EAT** Bowl the loaded orzo, scatter over the seeds, and the feta. Enjoy, Chef!