



UCOOK

One-tray Orzo & Chicken

with **NOMU One For All Rub** & fresh chives

The easiest dinner of your dreams! Pop it in the oven, leave it, and tuck in! Chicken is cooked on a bed of orzo loaded with garlic, red & green pepper, onion, and spinach.

Hands-on Time: 25 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Kate Gomba

 Fan Faves

 Stellenzicht | Thunderstone Rosé

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

8	Free-range Chicken Thighs
40ml	NOMU One For All Rub
300ml	Orzo Pasta
2	Red Bell Peppers <i>deseeded & finely sliced</i>
2	Green Bell Peppers <i>deseeded & finely sliced</i>
2	Onions <i>peeled & finely sliced</i>
2	Garlic Cloves <i>peeled & grated</i>
20ml	Chicken Stock
200ml	Fresh Cream
80g	Spinach <i>rinsed</i>
15g	Fresh Chives <i>rinsed & finely chopped</i>
1	Lemon <i>cut into wedges</i>

From Your Kitchen

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

1. LET'S GET GOING Preheat the oven to 200°C. Boil the kettle. Pat the chicken dry with paper towel. Coat in oil, the rub, and seasoning.

2. ONE DISH TO RULE THEM ALL In an ovenproof dish, add the orzo, the sliced red and green peppers, the sliced onion, the grated garlic, the stock, 600ml of boiling water, seasoning, and the cream. Top with the seasoned chicken. Roast in the hot oven for 40-45 minutes until the orzo is cooked through and the chicken is becoming crispy, shifting halfway.

3. DON'T LEAF IT OUT When the roast is done, remove the dish from the oven. Remove the chicken from the dish and set aside for serving. Add the rinsed spinach to the cooked orzo and mix until fully combined and starting to wilt.

4. WINNER, WINNER, CHICKEN DINNER! Plate up the orzo. Side with the delicious chicken and sprinkle over the chopped chives. Squeeze over some lemon juice (to taste). Well done, Chef!



Chef's Tip

If you would like your chicken skin crispy: when the roast is done, turn the oven on to the grill setting or the highest temperature. Pop the chicken back in the oven and grill for an extra 5 minutes!

Nutritional Information

Per 100g

Energy	539kJ
Energy	129kcal
Protein	8.2g
Carbs	10g
of which sugars	2.3g
Fibre	1.3g
Fat	6.2g
of which saturated	2.4g
Sodium	114mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days