



UCOOK

Pork & Sun-dried Tomato Orzo

with Italian-style hard cheese & fresh basil

Spaghetti, lasagne, macaroni. These pastas feature in most South African homes. We think it's time to shake things up by making the springy, velvety, and highly underutilised orzo pasta a recipe staple. Joining the pasta party are browned pork mince, sun-dried tomato, peas & onion flakes - all coated in a tangy tomato & Italian-spiced sauce. Finished with fresh basil & sprinklings of cheese.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 Domaine Des Dieux | Sangiovese 2017

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Ingredients & Prep

75ml	Orzo Pasta
150g	Pork Mince
15g	Onion Flakes
30ml	Spiced Flour <i>(10ml NOMU Italian Rub & 20ml Cake Flour)</i>
15ml	Tomato Paste
100ml	Low Fat UHT Milk
50g	Peas
20g	Sun-dried Tomatoes <i>drain & roughly chop</i>
30ml	Grated Italian-style Hard Cheese
3g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

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

1. WE'RE OFF WITH ORZO Bring a pot of salted water to a boil for the orzo. Cook the orzo until al dente, 10-12 minutes. Drain, reserving the pasta water, and toss through a drizzle of olive oil.

2. MMMINCE 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, 4-5 minutes (shifting occasionally).

3. TANGY & CREAMY Add the onion flakes, the spiced flour, the tomato paste, and a drizzle of oil to the mince. Fry until fragrant, 1-2 minutes. Slowly stir in the milk until thickened (whisking constantly). Add the reserved pasta water until a saucy consistency. Add the peas, the chopped sun-dried tomatoes, and seasoning. Simmer until warmed through, 2-3 minutes. Add the cooked orzo and mix to combine. Loosen with more pasta water if it's too thick. Remove from the heat and season.

4. PERFECT PASTA Bowl up the creamy pork pasta. Scatter over the cheese and garnish with the torn basil. Easy as that, Chef!

Nutritional Information

Per 100g

Energy	867kJ
Energy	207kcal
Protein	10.7g
Carbs	19g
of which sugars	4g
Fibre	2g
Fat	9.8g
of which saturated	3.6g
Sodium	112.4mg

Allergens

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

Eat
within 1
Day