



UCOOK

Creamy Orzo & Mushrooms

with sun-dried tomatoes & mozzarella cheese

Called 'pastina' by Italians, which means 'little pasta', these springy, rice-shaped grains of pasta will form the base of your meal today, Chef. Coated in crème fraîche and loaded with sun-dried tomatoes, NOMU Italian Rub-spiced mushrooms, earthy spinach, peppery basil, & cheese, everyone at the table will be more than satisfied with this superb supper.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jordyn Henning

Veggie

Waterford Estate | Waterford Chardonnay

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Ingredients & Prep

100ml	Orzo Pasta
125g	Button Mushrooms <i>wipe clean & roughly slice</i>
10ml	NOMU Italian Rub
1	Onion <i>peel & finely dice ½</i>
1	Garlic Clove <i>peel & grate</i>
20g	Sun-dried Tomatoes <i>roughly chop</i>
20g	Spinach <i>rinse & roughly shred</i>
50ml	Crème Fraîche
30g	Grated Mozzarella Cheese
3g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

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

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

2. MMMUSHROOMS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mushrooms and ½ the NOMU rub until golden, 5-6 minutes (shifting occasionally). Remove from the pan, season and set aside.

3. FLAVOURFUL VEGGIES Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic and the remaining NOMU rub and fry until fragrant, 30-60 seconds (shifting constantly). Mix through the chopped sun-dried tomatoes, the rinsed spinach and the cooked orzo until combined and the spinach is wilted. Remove from the heat and mix in the crème fraîche, ½ the cooked mushrooms, the grated cheese and ½ the torn basil until combined. Season and loosen with the reserved pasta water until desired consistency.

4. SET THE TABLE Serve up the creamy orzo and top with the remaining mushrooms. Garnish with the remaining basil and dig in!

Nutritional Information

Per 100g

Energy	640kJ
Energy	153kcal
Protein	5.2g
Carbs	18g
of which sugars	4.1g
Fibre	2.3g
Fat	5.9g
of which saturated	3.1g
Sodium	161mg

Allergens

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

Eat
Within
3 Days