



UCCOOK

Tomato, Feta & Ostrich Orzo

with spinach & toasted seeds

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Simple & Save: Serves 3 & 4

Chef: Hellen Mwanza

Wine Pairing: Nitida | 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 3	[Serves 4]	
30g	40g	Sunflower Seeds
450g	600g	Free-range Ostrich Mince
150ml	200ml	Orzo Pasta
2	2	Onions <i>peel & finely slice 1½ [2]</i>
30ml	40ml	NOMU Roast Rub
300ml	400ml	Tomato Passata
60g	80g	Green Leaves <i>rinse</i>
90g	120g	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, 5-6 minutes (shifting occasionally). Add the onion and fry until soft, 5-6 minutes. Add the NOMU rub and fry until fragrant, 1-2 minutes. Mix in the tomato passata, the orzo, and 600ml [800ml] of water. Simmer until reduced and the orzo is al dente, 15-20 minutes. In the final 2-3 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!