



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: 20 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

 Fan Faves

 Stellenzicht | Thunderstone Rosé

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Ingredients & Prep

| | |
|-------|--|
| 6 | Free-range Chicken Thighs |
| 30ml | NOMU One For All Rub |
| 225ml | Orzo Pasta |
| 2 | Red Bell Peppers <i>1½ deseeded & finely sliced</i> |
| 2 | Green Bell Peppers <i>1½ deseeded & finely sliced</i> |
| 2 | Onions <i>1½ peeled & finely sliced</i> |
| 2 | Garlic Cloves <i>peeled & grated</i> |
| 15ml | Chicken Stock |
| 150ml | Fresh Cream |
| 60g | Spinach <i>rinsed</i> |
| 12g | 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, 450ml 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