



WCOOK

Pesto Orzo & Crispy Chicken

with piquanté peppers, chilli flakes & baby marrow

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Fan Faves: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Nitida | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	479kJ	3079kJ
Energy	114kcal	736kcal
Protein	8.4g	53.7g
Carbs	14g	87g
of which sugars	2.8g	18g
Fibre	1.4g	9g
Fat	2.8g	17.8g
of which saturated	0.5g	3.2g
Sodium	76mg	489mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Tree Nuts

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Orzo Pasta
200g	400g	Baby Marrow <i>rinse, trim & cut into 1cm thick rounds</i>
1	1	Onion <i>peel & roughly dice ½ [1]</i>
5ml	10ml	NOMU Italian Rub
1	1	Garlic Clove <i>peel & grate</i>
5ml	10ml	Dried Chilli Flakes
3g	30g	Fresh Oregano <i>rinse, pick & roughly chop</i>
1	2	Free-range Chicken Breast/s
25ml	50ml	Pesto Princess Basil Pesto

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Seasoning (salt & pepper)

1. ALL FOR THE ORZO Bring a pot of salted water to a boil for the orzo. Cook the orzo until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

2. FRAGRANT FRY-UP Place a pan, large enough for the orzo, over medium-high heat with a drizzle of oil. When hot, fry the baby marrow and the onion until soft and browned, 4-5 minutes (shifting occasionally). Add the NOMU rub, the garlic, the chilli flakes (to taste) and the peppers. Fry until fragrant, 1-2 minutes (shifting constantly). Remove from the heat and set aside.

3. JUICY CHICKY Place a pan (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, fry the chicken on one side until golden, 2-4 minutes. Flip, cover with the lid, and fry until cooked through, 2-4 minutes. During the final 1-2 minutes, baste the chicken with a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. PERFECT PESTO ORZO To the pan with the baby marrow, toss through the pesto, seasoning, and the cooked orzo.

5. HEAVENLY MOMENT Plate up the loaded orzo and top with the chicken slices. Sprinkle over any remaining chilli flakes (to taste). Dive in, Chef!