



UCOOK

Red Pesto Chicken & Orzo

with Danish-style feta & Kalamata olives

Gather around the dinner table tonight to savour the flavours of al dente orzo pasta, coated in a Pesto Princess Red Pepper Pesto sauce, and layers of earthy spinach, creamy feta, briny olives, and poached chicken. Crowned with fresh oregano.

Hands-on Time: 30 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Hellen Mwanza

 Quick & Easy

 Laborie Estate | Laborie Merlot 2021

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Ingredients & Prep

1	Onion
40g	Danish-style Feta
30g	Pitted Kalamata Olives
20g	Spinach
3g	Fresh Oregano
5ml	Cornflour
40ml	Pesto Princess Red Pepper Pesto
10ml	NOMU Poultry Rub
1	Free-range Chicken Breast
100ml	Orzo Pasta
15ml	Lemon Juice

From Your Kitchen

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

1. LET'S PREP Peel and finely slice the onion. Drain the feta and the olives. Crumble the feta. Roughly slice the olives. Rinse the spinach. Rinse, pick, and finely chop the oregano. Set all aside separately.

2. PRESTO PESTO SAUCE In a bowl, combine the cornflour with a splash of water until a smooth paste. Mix through the red pesto, the NOMU rub, a drizzle of oil, and 200ml of water. Set aside.

3. SEAR THE CHICKEN Place a pot (with a lid) over medium heat with a drizzle of oil. Pat the chicken dry with paper towel. When hot, brown the chicken until golden but not cooked through, 1-2 minutes per side. Remove from the pot and set aside.

4. ALL TOGETHER NOW Return the pot to medium heat with a drizzle of oil (if necessary). When hot, fry the sliced onion until caramelised, 5-6 minutes (shifting occasionally). Add the orzo and fry until fragrant, 30 seconds -1 minute (shifting constantly). Top with the browned chicken and pour over the pesto mixture. Cover and simmer until the orzo is al dente and the chicken is cooked through, 10-12 minutes. Remove the chicken and slice before serving.

5. LAYERS OF FLAVOURS In the final 2-3 minutes, mix through the rinsed spinach, ½ the chopped oregano, and the lemon juice (to taste). Scatter over ½ the crumbled feta and the sliced olives. Cover for the remaining time.

6. 1 POT. 5 STARS. Serve up the flavourful chicken. Scatter over the remaining feta and garnish with the remaining chopped oregano. Well done, Chef!

Nutritional Information

Per 100g

Energy	549kJ
Energy	131kcal
Protein	11.9g
Carbs	7g
of which sugars	1.8g
Fibre	1.9g
Fat	5.4g
of which saturated	1.2g
Sodium	440mg

Allergens

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

Cook
within 3
Days