



# UCOOK

## Chicken Traybake with Orzo

with fresh parsley & lemon

Ready in 4 steps! Crispy chicken pieces roasted with onion and lemon, on a bed of zesty orzo, served with a fresh Greek salad of tomato, cucumber and feta. A simple yet satisfying dinner!

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**Hands-On Time:** 15 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person


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**Chef:** Thea Richter

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 Easy Peasy

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 Anthonij Rupert | Cape of Good Hope Altima Sauvignon Blanc

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## Ingredients & Prep

1	Red Onion <i>½ peeled &amp; cut into wedges</i>
1	Lemon <i>½ zested &amp; thinly sliced</i>
2	Free-range Chicken Pieces
10ml	NOMU Roast Rub
5ml	Chicken Stock
75ml	Orzo
50g	Cucumber <i>cut into bite-sized chunks</i>
1	Plum Tomato <i>cut into bite-sized chunks</i>
40g	Danish-style Feta <i>drained</i>
35ml	Red Wine Vinegar
25g	Pitted Green Olives <i>drained &amp; halved</i>
3g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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

**1. LET'S GET GOING!** Boil a full kettle. Preheat the oven to 200°C. On a deep roasting tray, spread out the onion wedges, lemon slices, and the chicken pieces (skin-side up). Coat in oil, the rub and some seasoning, and roast in the hot oven for 30-35 minutes until the chicken is cooked through and crispy.

**2. BUBBLE, BUBBLE...** Fill a pot for the orzo with 200ml of boiling water and stir in the stock. Once the water is boiling rapidly, cook the orzo for 7-10 minutes until cooked al dente. Remove from the heat on completion, drain if necessary, and toss through some oil and some lemon zest.

**3. ALL TOGETHER NOW** In a salad bowl, toss together the cucumber chunks, the tomato chunks, the drained feta, a drizzle of olive oil, the red wine vinegar and some seasoning.

**4. DINNER IS SERVED** Make a bed of zesty orzo. Top with the chicken pieces, onion wedges and lemon slices. Sprinkle over the halved olives and chopped parsley. Side with the fresh Greek salad. As simple as that!



## Chef's Tip

To check if your chicken is ready, pierce it with a knife. If it's cooked through, the juices will run clear.

## Nutritional Information

Per 100g

Energy	530kj
Energy	127Kcal
Protein	7.6g
Carbs	11g
of which sugars	2.5g
Fibre	1.4g
Fat	5.3g
of which saturated	2g
Sodium	284mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 3  
Days