



UCOOK

Zesty Chicken & Veggie Orzo

with creamy feta & Kalamata olives

Italian flavours the whole family will love – and an absolute breeze to make! A sumptuous tomato sauce with Italian herbs, spinach, and olives, folded through orzo pasta. Crowned with chicken pieces and flecked with lemon zest and fresh basil.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney

 Fan Faves

 Stettyn Wines | Stettyn Family Range Chenin blanc 2023

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Ingredients & Prep

2	Free-range Chicken Pieces
75ml	Orzo Pasta
1	Garlic Heads <i>peeled & grated</i>
80g	Baby Tomatoes <i>rinsed & quartered</i>
10ml	NOMU Italian Rub
20g	Spinach <i>rinsed & shredded</i>
1	Lemons <i>½ zested & cut into wedges</i>
20g	Pitted Kalamata Olives <i>drained & roughly chopped</i>
40g	Danish-style Feta <i>drained & crumbled</i>
3g	Fresh Basil <i>rinsed, picked & roughly torn</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. ROAST MOMENT Preheat the oven to 200°C. Spread the chicken pieces on a roasting tray. Pat the chicken dry with paper towel. Coat in oil and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting half-way).

2. GET THE PASTA WATER ON THE GO! Fill a pot for the orzo with 200ml of water. Place over medium-high heat and bring to a boil while starting the sauce.

3. ITALIAN FLAIR Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 1-2 minutes (shifting constantly). Add 30ml of water, a pinch of salt, and the quartered tomatoes. Cook until softened, breaking up the tomatoes as they cook, 5-6 minutes. Stir through the NOMU Rub and fry until fragrant, 1-2 minutes. Add the shredded spinach and a squeeze of lemon juice (to taste). Cook until the spinach has wilted and the sauce has thickened, 2-3 minutes (stirring constantly). Loosen with warm water in 10ml increments if it's too thick. Stir through the chopped olives, seasoning, and a sweetener. Remove from the heat and set aside.

4. AL DENTE ORZO Once the pot of water is boiling rapidly, cook the orzo until al dente, 10-12 minutes. Drain and toss through a drizzle of olive oil.

5. ALMOST THERE... Return the pan with the sauce to medium heat. Add the cooked orzo and mix to combine. Allow to reheat, 1-2 minutes.

6. ORZO MOMENT! Serve up a delicious bowl of vegetable orzo pasta and top with the roasted chicken. Garnish with the crumbled feta, the torn basil, and the lemon zest (to taste). Serve with any remaining lemon wedges on the side. Bellissimo!



Chef's Tip

Air fryer method: Pat the chicken dry with paper towel. Coat in oil and season. Air fry, skin-side up, at 200°C until cooked through, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	672kJ
Energy	161kcal
Protein	11.4g
Carbs	12g
of which sugars	1.6g
Fibre	1.5g
Fat	7.4g
of which saturated	2.5g
Sodium	161mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 3
Days