



# UCOOK

## Spinach Artichoke Orzo & Lentil Orbs

with cashew nut cream cheese & lemon zest

Dreamy creamy orzo is speckled with wilted spinach and artichoke, a classic flavour combination in mini pasta form! It is served with crispy baked lentil & garlic orbs, and a fresh tomato & oregano salad tossed with lemon juice. Winter has met its match, and it's this warm and super tasty dish!

---

**Hands-On Time:** 20 minutes

**Overall Time:** 30 minutes

---

**Serves:** 1 Person

---

**Chef:** Thea Richter

---

 Veggie

---

 Boschendal | Grande Cuvée Vintage Brut

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

75ml	Orzo Pasta
120g	Lentils <i>drained &amp; rinsed</i>
20ml	Cake Flour
1	Garlic Clove <i>peeled &amp; grated</i>
1	Lemon <i>½ zested &amp; cut into wedges</i>
100g	Artichoke Quarters <i>drained &amp; roughly chopped</i>
40g	Spinach <i>rinsed &amp; roughly chopped</i>
10ml	Nutritional Yeast
60ml	Cashew Nut Cream Cheese
1	Tomato <i>½ roughly diced</i>
4g	Fresh Oregano <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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

**1. OH OH ORZO!** Preheat the oven to 200°C. Boil the kettle. Fill a pot for the orzo with 200ml of boiling water and add a pinch of salt. 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 return to the pot. Toss through some oil to prevent sticking.

**2. GOLDEN ORBS** Place the drained lentils in a bowl. Mash with a potato masher or fork until a rough mash. Add the flour, the grated garlic (to taste), the juice of 1 lemon wedge, a drizzle of oil, and seasoning. Mix until fully combined into a rough paste. Add a drizzle of oil or water if it doesn't come together or is too dry. Alternatively, place all the ingredients into a blender and pulse until it comes together. Roll into 3-4 balls. Place on a greased baking tray and bake in the hot oven for 15-20 minutes until crispy and golden, flipping halfway.

**3. ALL TOGETHER NOW!** When the orzo is done, add the chopped artichokes,  $\frac{3}{4}$  of the rinsed spinach, the nutritional yeast, and the cashew cream cheese to the pot. Mix until fully combined and season to taste. Loosen with a splash of water if it's too thick.

**4. SALAD SIDEKICK** In a bowl, combine the diced tomato,  $\frac{1}{2}$  the chopped oregano, a pinch of lemon zest, the remaining spinach, a squeeze of lemon juice (to taste), a drizzle of oil, and seasoning.

**5. ORZO THEY SAY!** Make a bed of the spinach & artichoke orzo. Top with the crispy golden lentil orbs. Sprinkle with the remaining oregano and side with the fresh tomato salad. Serve with any remaining lemon wedges on the side. Great work, Chef!

## Nutritional Information

Per 100g

Energy	678kJ
Energy	162Kcal
Protein	7.7g
Carbs	24g
of which sugars	2.4g
Fibre	5.1g
Fat	3.3g
of which saturated	0g
Sodium	68mg

## Allergens

Gluten, Allium, Wheat, Tree Nuts

Cook  
within  
4 Days