



# WCOOK

## Pesto Orzo & Crispy Chicken

with piquanté peppers, chilli flakes & baby marrow

**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

**Fan Faves:** Serves 3 & 4

**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:

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Serves 3	[Serves 4]	
300ml	400ml	Orzo Pasta
600g	800g	Baby Marrow <i>rinse, trim &amp; cut into 1cm thick rounds</i>
2	2	Onions <i>peel &amp; roughly dice 1½ [2]</i>
15ml	20ml	NOMU Italian Rub
2	2	Garlic Cloves <i>peel &amp; grate</i>
15ml	20ml	Dried Chilli Flakes
45g	60g	Piquanté Peppers <i>drain</i>
3	4	Free-range Chicken Breasts
75ml	100ml	Pesto Princess Basil Pesto

## From Your Kitchen

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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, 5-6 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!