



UCOOK

Orzo Veggie Bowl

with broccoli, edamame beans & piquanté peppers

It's a veggie feast for the eyes and palate! A mouthwatering medley of lightly charred broccoli, plump edamame beans, & silky onions, all coated in an umami-rich Asian sauce together with fried garlic & ginger, al dente orzo pasta and a sprinkling of sweet piquanté peppers.


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Hellen Mwanza

 Veggie

 Harry Hartman | Stellenbosch Sauvignon Blanc

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Ingredients & Prep

100ml	Orzo Pasta
100g	Edamame Beans
150g	Broccoli Florets <i>cut into bite-sized pieces</i>
1	Onion <i>½ peeled & roughly sliced</i>
1	Garlic Clove <i>peeled & grated</i>
10g	Fresh Ginger <i>peeled & grated</i>
10ml	NOMU Oriental Rub
25g	Sweet Piquanté Peppers <i>drained & roughly diced</i>
50ml	Asian Sauce <i>(30ml Sweet Thai Chilli Sauce, 10ml Low Sodium Soy Sauce & 10ml Rice Wine Vinegar)</i>

From Your Kitchen

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

1. COOK THE ORZO Bring a pot of salted water to a boil for the orzo. Cook the orzo until al dente, 7-10 minutes. Drain and toss through a drizzle of olive oil.

2. EDAMAME BEANS Boil the kettle. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

3. COOK THE VEG Return the pan to medium heat with a drizzle of oil. When hot, fry the broccoli pieces until lightly charred, 5-6 minutes (shifting occasionally). At the halfway mark, add the sliced onions and fry until soft for the remaining time.

4. ALL TOGETHER Add the grated garlic & ginger and the NOMU rub to the pan. Fry until fragrant, 1-2 minutes. Mix through the cooked orzo and the plumped edamame beans. Season.

5. DINNER IS READY Bowl up the loaded orzo, sprinkle over the diced peppers, and drizzle over the Asian sauce. Sit down, Chef and enjoy!

Nutritional Information

Per 100g

Energy	499kJ
Energy	119kcal
Protein	5.6g
Carbs	21g
of which sugars	3.4g
Fibre	2.9g
Fat	1.2g
of which saturated	0g
Sodium	165mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 3
Days