



# UCOOK

## One Pot Lamb Orzo

with fresh oregano & Italian-style hard cheese

Browned cubes of lamb, earthy spinach, spring onion, & al dente orzo pasta is cooked in a rich tomato passata sauce. Garnished with grated Italian-style cheese and fresh oregano, these simple, satisfying flavours are Italy on a plate.

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**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Quick & Easy

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## Ingredients & Prep

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150g	Free-range Lamb Chunks
1	Spring Onion <i>rinse, trim &amp; roughly slice</i>
10ml	NOMU Italian Rub
100ml	Orzo Pasta
50ml	Tomato Passata
50g	Spinach <i>rinse &amp; roughly shred</i>
3g	Fresh Oregano <i>rinse, pick &amp; roughly chop</i>
20ml	Grated Italian-style Hard Cheese

## From Your Kitchen

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

**1. BROWN THE LAMB** Boil the kettle. Place a pot over medium-high heat with a drizzle of oil and a knob of butter. Pat the lamb dry with paper towel and cut into small chunks. When hot, sear the lamb until browned, 1-2 minutes (shifting occasionally).

**2. O-YUM ORZO** Add the sliced spring onion and the NOMU rub to the pot. Fry until fragrant, 1-2 minutes. Mix in the orzo, the tomato passata, and 200ml of boiling water. Simmer until the orzo is cooked through and the sauce is thickening, 12-15 minutes. In the final 2-3 minutes, mix in the shredded spinach, and ½ of the chopped oregano. Remove from the heat and season.

**3. INSPIRED BY ITALY** Bowl up the loaded orzo, sprinkle over the grated cheese, and garnish with the remaining oregano. Enjoy, Chef!

## Nutritional Information

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Per 100g

Energy	882kj
Energy	211kcal
Protein	11.3g
Carbs	18g
of which sugars	2.1g
Fibre	1.9g
Fat	9.7g
of which saturated	3.7g
Sodium	269mg

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## Allergens

Cow's Milk, Egg, Gluten, Allium,  
Wheat, Sulphites

Eat  
Within  
4 Days