



# UCCOOK

## Italian Chicken Mince & Orzo

with Italian-style hard cheese & fresh basil

Orzo is cooked to perfection, then added to succulent chicken mince browned in NOMU's Italian rub, and coated in a flavourful tomato sauce. Everything is then crowned with the richness of grated Italian-style hard cheese & aromatic basil leaves. Simply delish!

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People


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**Chef:** Kate Gomba

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 **\*NEW Simple & Save**

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 Waterford Estate | Waterford Pecan Stream  
Sauvignon Blanc

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### Ingredients & Prep

200ml	Orzo Pasta
300g	Free-range Chicken Mince
1	Onion <i>peeled &amp; roughly diced</i>
20ml	NOMU Italian Rub
200ml	Tomato Passata
30ml	Grated Italian-style Hard Cheese
5g	Fresh Basil <i>rinsed, picked &amp; roughly torn</i>

### From Your Kitchen

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

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

**2. SAUCY MINCE** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the diced onions and fry until soft, 3-4 minutes. Add the NOMU rub and fry until fragrant, 1-2 minutes. Pour in the tomato passata and 300ml of water. Mix to combine and simmer until thickening, 10-12 minutes. Stir through the cooked orzo, a sweetener, and seasoning. Loosen with a splash of the reserved pasta water if it's too thick.

**3. DINNER IS SERVED** Plate up the loaded orzo, top with a sprinkle of the grated hard cheese, and garnish with the torn basil. Easy, Chef!

### Nutritional Information

Per 100g

Energy	641kj
Energy	153kcal
Protein	9.5g
Carbs	20g
of which sugars	2.8g
Fibre	1.8g
Fat	3.8g
of which saturated	1.1g
Sodium	343mg

### Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 1  
Day