



UCOOK

One Pot Lamb Orzo

with Danish-style feta & fresh oregano

It's comfort on a plate, Chef! A beautiful medley of browned lamb spiced with NOMU Italian rub, coated in a tangy tomato-based sauce, sharing a plate with earthy spinach and a satisfying helping of orzo pasta. Finished with crumbly feta and shreds of fresh oregano.


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Kate Gomba

 **Quick & Easy**

 **Laborie Estate | Laborie Merlot / Cabernet Sauvignon 2021**

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Ingredients & Prep

450g	Free-range Lamb Chunks
2	Onions <i>peel & roughly dice</i>
30ml	NOMU Italian Rub
60ml	Tomato Paste
300ml	Orzo Pasta
60g	Spinach <i>rinse & roughly shred</i>
8g	Fresh Oregano <i>rinse, pick & roughly slice</i>
60g	Danish-style Feta <i>drain</i>

From Your Kitchen

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, 2-3 minutes (shifting occasionally).

2. ONE POT Add the diced onions to the pot and fry until soft, 5-6 minutes. Add the NOMU rub and the tomato paste, and fry until fragrant, 3-4 minutes. Add the orzo and 600ml of boiling water. Simmer until the orzo is cooked through and the sauce is thickening, 15-20 minutes. Remove from the heat, mix in the shredded spinach and ½ the sliced oregano, and season.

3. DINNER IS READY Make a bed of the loaded orzo, crumble over the drained feta, and garnish with the remaining oregano. Nice one, Chef!

Nutritional Information

Per 100g

Energy	914kJ
Energy	219kcal
Protein	10.8g
Carbs	22g
of which sugars	2.7g
Fibre	1.8g
Fat	9.4g
of which saturated	3.9g
Sodium	136mg

Allergens

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

Cook
within 3
Days