



Creamy Herb Orzo with a garlic & herb oil

Cooking Time: 15 minutes

Serves: 4-6 people

INGREDIENTS:

Creamy Herb Orzo:

- 2 tablespoons extra virgin olive oil
- 1 large brown onion, sliced
- 1 fennel, finely diced
- 2 tablespoons finely diced preserved lemon
- 3-4 cloves of garlic, crushed
- 1 cup finely diced asparagus
- 3 cups finely diced Tuscan kale
- 2 cups orzo
- 3 cups water
- 3 tablespoons fresh thyme leaves
- 1/3 cup roughly chopped flat leaf parsley
- 300mls light cooking cream
- 1-2 teaspoons salt
- 1/2 teaspoon cracked black pepper

Garlic & Herb Oil:

- 3 cloves of garlic
- 1 cup flat leaf parsley
- 3 tablespoons fresh thyme leaves
- 3 tablespoons fresh dill
- 3 tablespoons fresh oregano
- 1/3 cup olive oil
- 1-2 teaspoons salt
- 1/4 teaspoon cracked black pepper
- juice of 1/2 lemon

METHOD:

1. Place a deep skillet or a non stick pan on low heat with 2 tablespoons of olive oil.
2. Sweat onion, fennel, preserved lemon, with the lid on for 3-5 minutes or until softened and translucent.
3. Stir in garlic for about a minute until fragrant.
4. Increase heat to medium low, fold in asparagus and Tuscan kale and stir for a couple of minutes until kale slightly wilts. Add orzo and stir until incorporated evenly.
5. Begin to add water half a cup at a time and continuously stir to prevent orzo from sticking to the base of the pan, about 6-8 minutes on medium low heat. Half way through season with salt and pepper and fold in fresh herbs.

METHOD:

6. Once water all added stir through cream and continue to cook until orzo has cooked through.
7. For the garlic & herb oil, place all ingredients in a food processor and blitz.
8. Drizzle as much or little of the garlic & herb oil over the creamy herb orzo as you please.

TIPS/SUBSTITUTIONS:

- *For a meat option, diced pancetta can be added with the onion, fennel and preserved lemons. Diced chicken can also be added.*
- *If you don't have preserved lemons, the zest and juice of one lemon can be used to substitute.*
- *silverbeet, english or baby spinach can be used to replace tuscan kale.*
- *Garlic & herb oil can be kept in an airtight container or jar and in the fridge for up to 5 days.*