



## Creamy Summer Vegetable Orzotto

Fuss-free risotto without the constant stirring and standing over the hob! This dish is reminiscent of summer evenings eating al fresco. We have used low-fat crème fraîche with a small amount of parmesan to make this dish creamy and tasty while staying low in saturated fat.

### Ingredients

- Orzo
- Onion
- Garlic
- Asparagus spears
- Courgette
- Vegetable stock cube
- Parmesan
- Crème Fraîche
- Baby spinach
- Parsley

### Your Pantry

- Olive Oil

### Nutritional Info

Calories: 418 kcal  
Carbohydrates: 66.6 g  
Protein: 16.7 g  
Fat: 9 g

### Allergens

Milk (Crème Fraîche, Parmesan)

Wheat (Orzo)


Celery (Stock Cube - may also contain traces of Egg, Soya & Mustard)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



### 1) Prepare the vegetables & boil the kettle

Combine the stock cube with 500 ml of boiling water per cube and set aside 175ml per person.

Peel and crush the garlic. Peel and finely chop the onion. Slice the courgette. Remove and discard 1cm from the stem end of the asparagus, cutting the remainder into two-inch pieces. Finely chop the parsley.

### 2) Fry the onions

In a medium-large saucepan, add a little oil and place on medium heat. Add the onions and fry until soft and turning translucent (Approx 3-4 mins). Add the garlic and courgette and continue to fry for a further minute.

### 3) Add the orzo

Add the orzo and vegetable stock, keeping 50ml behind which can be added later if necessary. Bring to a low simmer and leave, uncovered, for about 12 minutes, or until the orzo is soft, but not fully cooked through.

### 4) Add the remaining ingredients

When the orzo is close to cooked, add in the asparagus. Cook for a further 3-4 minutes, or until the asparagus is tender. Finally, season with salt and pepper, and add the parsley, spinach, parmesan, and crème fraîche, stirring thoroughly before turning off the heat.

### 5) Plate the dish

Pile high in a bowl, sprinkling the chopped parsley on top as garnish.



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