



One Pan Butter Bean & Vegetable Orzo

One-pan recipes are a brilliant option to help you cook great meals in an easy way. This is a deliciously and simple recipe, that loads you up on nutrients and plant protein.

The butter beans are large, creamy beans that are filling and nutritious. These legumes originate in South America and are used in a wide variety of dishes as a good source of fiber, protein, potassium, iron, and folate.

Ingredients

- Mangetout
- Butter Beans
- Orzo
- Red Onion
- Garlic Cloves
- Pepper
- Vegetable Stock Cube
- Lemon
- Cherry Tomatoes
- Smoked Paprika

Your Pantry

- Olive Oil / Rapeseed Oil

Nutritional Info

Calories: 327 kcal
Carbohydrates: 67 g
Protein: 16 g
Fat: 3.5 g

Allergens

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) **Put the Kettle on**

When it boils, combine the stock cube with about 150 ml of water per person and set aside.

2) **Prepare the vegetables**

Remove the outer layer of the red onion and dice it. Crush the garlic. Slice the red pepper. Chop the mangetout into smaller pieces and halve the cherry tomatoes. Set all the vegetables aside.

3) **Cook the Vegetables**

Place a large saucepan on a medium heat and add some olive oil to the pan. When the oil has heated up, add the red onion and cook for 5 minutes until soft. Then add the garlic & pepper and cook for a further 5 minutes until the pepper starts to soften.

4) **Add the Spices & Beans**

Quickly rinse and drain the beans and add them to the pan along with the paprika.

5) **Add the Orzo**

Now add in the orzo and stir it around the pan. Pour in your stock and bring everything to the boil. Once the mixture has boiled, place a lid in it and turn down the temperature. Allow to simmer for 10 minutes, stirring occasionally. If all your water evaporates and the orzo is still not cooked, you may need to add some more water.

6) **Add the Rest of the Vegetables**

Taste the dish and season with salt & pepper. Add the mangetout and cherry tomatoes to the simmer dish and cook for a further 5 minutes until the tomatoes are soft and the mangetout is cooked.

7) **Plate the dish**

Serve the dish with a squeeze of lemon juices for a fresh zingy twist.



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