

Green orzo pasta

25–30 Min

Ingredients 4 Portions

= Kotányi Produkte

320 g	Orzo pasta
2 tbsp	Olive oil
1	Small onion, finely chopped
1	Zucchini (about 250–300 g), sliced into half-moons
200 g	Fava beans
100 g	Spinach
700 ml	Water
100 ml	Cooking cream
50 g	Grated Parmesan, plus more for serving
1.5 tsp	Organic Mediterranean Herbs with Sea Salt
	Salt, to taste
	Fresh parsley or basil, finely chopped, for serving

Preparation

1. In a deep pan, heat olive oil over medium heat. Add the chopped onion and sauté until translucent and soft, about 3–5 minutes. Add the orzo and cook for another minute, making sure it doesn't burn.
2. Gradually add the water, one ladle at a time, as you would for risotto. Let most of the liquid absorb before adding more. Stir constantly to prevent the pasta from sticking. Cook the orzo for about 8–10 minutes, until al dente.
3. Meanwhile, add the fava beans and zucchini to a pot with 200 ml of water and the Mediterranean spice mix. Cover and cook over medium heat for about 10 minutes, or until the vegetables are tender. Add spinach near the end and cook for another 2–3 minutes.
4. Transfer the cooked vegetables and the cooking liquid to a blender. Add a bit more water if needed for easier blending. Blend until completely smooth and creamy, with no chunks remaining.
5. Pour the vegetable sauce into the orzo pan and cook for 2 minutes. Add the cooking cream and stir in the grated Parmesan. Mix well and cook for another minute or two, until the sauce thickens and everything is well combined. Season with salt and freshly ground black pepper to taste. Serve immediately, garnished with chopped parsley or basil and extra Parmesan.