



SPRING ORZO

SERVES 2 OR 4

TIME: 35 MIN

CALORIES: 550/SERVING



Lemony bright and full of crisp tender spring vegetables, this orzo dish is delicious served hot or chilled. Edamame and almonds provide a hit of plant-based protein, while the caramelized shallot, garlic, lemon juice, nutritional yeast give a punch of flavour.

WHAT YOU'LL NEED

- Medium pot
- Large pan

- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Orzo	1 cup	2 cups
Asparagus	1/3 bunch	2/3 bunch
Carrot	1	2
Edamame	1/2 cup	1 cup
Radishes	2	4
Oyster mushrooms	2 oz	4 oz
Shallot	1	2
Garlic cloves	1	2
Microgreens	2 cups	4 cups
Slivered almonds	1/3 cup	2/3 cup
Lemon	1	1
Nutritional yeast	2 tbsp	4 tbsp



Prep your ingredients: chop the **asparagus**, peel and thinly slice the **carrot**, **radishes** and **garlic**, finely dice the **shallot**, chop the **mushrooms**, and halve the **lemon**.



Bring a medium pot full of **water** to boil. Once boiling, add the **orzo** and cook for 7-8 minutes until al dente. Reserve 1/4 cup of **pasta water** (1/2 cup for 4 servings) then drain.



Meanwhile, heat 1 tbsp of **oil** (2 tbsp for 4 servings) in a large pan over medium heat. Once hot, add the **mushrooms** and leave untouched for a few minutes until crispy. Toss and continue to sauté until browned on all sides.



Add the **shallot** and **garlic** and sauté until they soften and turn slightly translucent. Mix in the **asparagus**, **carrot**, **edamame**, and **radishes**. Sauté until all the **vegetables** are tender. Season with **salt** and **pepper**.



Add the **orzo**, **reserved pasta water**, **juice of half the lemon**, **nutritional yeast**, and a **generous drizzle of olive oil** to the pan and season with **salt** and **pepper**. Mix to combine.



Transfer to plates and top with **microgreens** and **almonds**. Serve with the **remaining lemon** and **salt** and **pepper** to taste.

Nutrition Facts		Valeur nutritive	
Per (429 g)			
Pour 1 (429 g)			
Calories 550		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 23 g			31 %
Saturated / saturés 2.0 g			10 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 70 g			
Fibre / Fibres 18 g			64 %
Sugars / Sucres 10 g			10 %
Protein / Protéines 25 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 80 mg			3 %
Potassium 1400 mg			30 %
Calcium 200 mg			15 %
Iron / Fer 8.5 mg			47 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			