

ONE POT TOMATO, CHICKPEA & ORZO



Easy to make meal all in one pot, it is like a risotto but with pasta instead of rice making it quicker to cook. A tasty vegetarian dish easily adapted with the addition of some meat (chicken or chorizo) for the meat lovers!

PREP: 10 min **TOTAL:** 30 min

SERVES: 4



3 tbsps oil



1 onion,
finely chopped



300g orzo



3 - 4 garlic cloves,
finely chopped



1tsp paprika



400g tinned
chopped
tomatoes



950ml vegetable
stock



400g tinned
chickpeas



50 - 100g grated
hard cheese



2 tbsps. fresh herbs like parsley
or chives, finely chopped



Salt & pepper
to taste

TIPS:

- ✓ Use cannellini or butter beans instead of chickpeas.
- ✓ Add some chopped chorizo or bacon for extra yummy flavour at step 1 when you add the garlic.
- ✓ Alternatively, you can also add some chopped sausages or diced chicken at step 1. Make sure they are nicely browned all over before going to step 2.
- ✓ This recipe reheats well, perfect for batch cooking.
- ✓ Feel free to add some other vegetables, diced peppers would be lovely, cooked with the onions, alternatively you could add some chopped spinach towards the end of cooking.



1 Heat the oil in a large frying pan. Over medium heat add the finely chopped onions, cook stirring often until they start to get a bit of colour. Add the crushed garlic and cook for a further minute.



2 Add the paprika & orzo and give it a good stir until the orzo is well coated in the oil & paprika.



3 Add the chopped tomatoes, drained chickpeas, vegetable stock & seasoning. Bring it to a gentle simmer and continue cooking until the orzo is al dente (around 15-20 minutes, depending on size), stirring often to prevent it sticking.

Note: it is best not to add all the stock at once, add $\frac{3}{4}$ of it and keep adding it as required, some pastas will absorb more liquid than others.



4 Remove from the heat, add the grated cheese & chopped herbs, mix well.



5 Serve with a garnish of chopped herbs.

 **SUBSCRIBE**

All our recipes are available on YouTube

Find us on YouTube & explore our Cook-along videos!

To explore more recipes, ideas and much more, join our 'Cooking at Home with City Catering' Facebook group: [Facebook.com/groups/CookingAtHomeWithCityCatering](https://www.facebook.com/groups/CookingAtHomeWithCityCatering)

City Catering Southampton - your local school meals charity
citycateringsouthampton.co.uk