

## Orzo risotto with cavolo nero, peas and chilli

Serves 2



### Ingredients

- extra-virgin olive oil 2 tsp
- onion ½, finely diced
- garlic 2 cloves, sliced
- dried chilli flakes ½ tsp
- orzo pasta 150g
- vegetable stock 450ml, hot
- cavolo nero 100g, stems removed and cut into long pieces
- frozen peas 100g
- soft cheese 1 tbsp
- vegetarian parmesan 15g, finely grated, plus a little extra to serve (optional)

### Method

- **STEP 1** - Heat the olive oil in a frying pan and add the onion, garlic, chilli flakes and a pinch of salt. Cook gently for 5 minutes or until soft. Tip in the pasta and stir so every piece is coated in oil. Add the vegetable stock a ladleful at a time, stirring in between and adding more once absorbed. After 5 minutes, add the cavolo nero. Cook for a further 5 minutes and, once the orzo and cavolo nero are tender, add the peas and some seasoning for a final 2 minutes.
- **STEP 2** - Stir through the soft cheese and the parmesan, and serve with a little extra parmesan, if you like.



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