

CHEESY ORZO WITH ROASTED CHERRY TOMATOES

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COOK TIME: 25mins

SERVES: 4

CALORIES: 469 kcal (PER SERVING)

INGREDIENTS

300 g/10.6 oz orzo
400 g/14.1 oz cherry tomatoes
70 g/2.5 oz grated Parmesan
1.5 cup vegetable broth
1 cup whole milk
4 garlic cloves, minced
1 shallot, finely chopped
4 tbsp olive oil
4 tbsp pine nuts
4 thyme sprigs
salt + black pepper, to taste
crushed red pepper flakes, for serving
flaky salt, for serving

DIRECTIONS

Preheat the oven to 200°C/400°F.

Place the cherry tomatoes in a baking sheet, sprinkle with 2 tbsp olive oil. Season with a pinch of salt and black pepper. Slide into the oven for 15 minutes.

Meanwhile, heat a large non-stick skillet or Dutch oven over high heat. Add pine nuts and toast until golden, about 1 minute. Remove from skillet.

Make the orzo. Lower the heat, add the remaining oil, garlic and shallot, cook until soft, about 1 minute.

Add orzo, stir until fragrant, about 1 minute. Pour in vegetable broth and milk. Bring to a boil, cover and reduce the heat to a simmer. Cook, stirring occasionally, until the liquid is absorbed, about 10-15 minutes or according to package instructions. Add a splash of water if the orzo looks too dry.

Stir in Parmesan. Taste, and adjust salt and black pepper.

Top with roasted cherry tomatoes and their released juices. Sprinkle with flaky salt and red pepper flakes. Serve with toasted pine nuts, enjoy!

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