

BUTTERNUT ORZO WITH ROASTED BROCCOLI

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COOK TIME: 30mins

SERVES: 4

CALORIES: 393 kcal (PER SERVING)

INGREDIENTS

*MISO ROASTED BROCCOLI

1 large broccoli
3 tbsp olive oil
1 tbsp white miso paste
1 tbsp maple syrup
1/2 tsp salt
1 tsp each: black pepper,
sweet paprika, garlic powder

*BUTTERNUT ORZO

250 g/9 oz orzo pasta
1 shallot
2 garlic cloves
1 tsp each: salt, black pepper,
dried thyme, dried sage
1/2 cup/100 ml white wine
3 cups/700 ml chicken broth
200 g/7 oz pureed butternut squash
40 g/1.5 oz grated parmesan
1/2 tsp crushed red pepper flakes, for serving

DIRECTIONS

Preheat the oven to 180 °C/350 °F.

Get all the prep done before you start cooking: mince the garlic and finely chop the onion.

Cut broccoli into florets, then the larger florets into bite-sized pieces.

Combine oil, miso paste, maple syrup, salt, black pepper, paprika and garlic powder in a bowl. Add broccoli and toss until coated. Place on a rimmed baking sheet layered with parchment paper, roast for 20 minutes or until crisp-tender.

In the meantime, heat oil in a large skillet over medium low. Add garlic and shallot, cook until soft and fragrant, about 3 minutes. Add orzo and stir in the spices, toast for 1 minute. Add white wine, simmer for 2 minutes.

Pour in chicken broth, bring to a boil, cover and simmer for 10 minutes. Stir from time to time to prevent orzo from sticking to the bottom of the skillet.

When ready, add pureed butternut squash, stir until combined. Simmer for 5 minutes more, or until orzo is ready and al dente.

Stir in grated Parmesan. Taste and adjust salt. Cover and allow to rest for 2-3 minutes.

Serve immediately with miso roasted broccoli, Finish off with crushed red pepper flakes and some extra black pepper. Enjoy!

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