

ONE-POT EGGPLANT PARMESAN ORZO

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COOK TIME: 30mins

SERVES: 4

CALORIES: 452 kcal (PER SERVING)

INGREDIENTS

3 tbsp olive oil, divided
1 medium eggplant, cut into large cubes
3 garlic cloves, minced
1 shallot, finely chopped
1 tbsp black pepper, more for serving
½ tbsp chopped fresh thyme leaves, more for serving
1 tbsp low sodium soy sauce
12 ounces/350 g orzo
3 ¾ cups/900 ml chicken broth
3 tbsp tomato paste
4 ounces/120 g sun-dried tomatoes, drained
2 tbsp lemon juice
2.5 ounces/70 g grated Parmesan
chili flakes, for serving

DIRECTIONS

Get your prep done before you start cooking. Chop the thyme leaves, mince the garlic, finely chop the shallot. Cut eggplant into cubes. Chop the sun-dried tomatoes.

Add oil to a large high-sided/thick-bottomed skillet. Heat over medium, add eggplant. Cook until it starts to brown, about 2 minutes. Then add the remaining oil, cook until the eggplant starts to soften, about 3 minutes. Add garlic and shallot, sauté for 2 minutes. Stir in pepper, thyme and soy sauce. Add orzo, stir to combine.

Pour in half of the chicken broth, and add tomato paste. Stir until dissolved. Then add sun-dried tomatoes and the remaining broth. Bring to a boil.

Reduce heat to low and simmer for 10-15 minutes or until the orzo is al dente. Stir occasionally to prevent orzo from sticking to the bottom of the skillet.

When ready, add lemon juice and Parmesan. Stir until silky. Top with freshly ground black pepper, chili flakes and some extra fresh thyme. Enjoy!

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