Turkey, Sweetcorn and Orzo Hotdish

One 9×13 in (23×33 cm) dish, at least 3.5 qt/3.3 L; 6 main-dish portions · Active 35 min · Total 1 hr 25 min

Ingredients

- 8 oz dry orzo pasta (225 g)
- 10 cups water (2.4 L), for pasta
- 1 tablespoon neutral oil (15 ml)
- 1 medium onion, finely chopped (150 g)
- 1 lb ground turkey (450 g)
- 1 medium zucchini, cut in 1/2-in/1-cm dice (200 g prepared)
- 1 large red bell pepper, cut in small dice (150 g prepared)
- 1 tablespoon butter (15 g)
- 2 tablespoons all-purpose flour (18 g)
- 1 3/4 cups milk (420 ml)
- 1/2 cup low-sodium chicken stock (120 ml)
- 2 cups frozen sweetcorn (280 g)
- 3 oz cheddar, grated (85 g), divided: 2 oz/55 g for sauce and 1 oz/30 g for top
- 2 tablespoons chopped fresh chives (6 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper

Set out

Oven, 9×13 in (23×33 cm) baking dish, at least 3.5 qt/3.3 L, Large pasta saucepan, Fine colander or sieve, 12-in/30-cm deep skillet, Whisk, Rimmed baking sheet, Food thermometer

Allergens

Wheat, Milk; check orzo for egg and stock for celery or other allergens. Check labels and substitutions.

Make it

1. Heat oven to 400°F (205°C). Put the dish on a rimmed sheet and bring pasta water to a boil. Heat oil in the skillet over medium heat and cook onion 6–8 minutes until softened.

2. Add turkey and cook over medium-high heat 8–10 minutes, breaking it up, until several places reach 165°F (74°C). Add zucchini and pepper and cook 6–8 minutes until softened and excess water has evaporated.

3. Melt butter into the mixture and stir in flour for 1 minute. Gradually stir in milk and stock. Add frozen corn, salt and pepper and simmer 5–6 minutes, or the corn’s packet cooking time if longer, stirring until corn is cooked and sauce thickens. Take off the heat and stir in 55 g cheddar and chives.

4. Meanwhile boil orzo 2 minutes short of its packet time and drain well. Fold into the hot filling, spread in the dish and scatter remaining 30 g cheddar. Bake 20–25 minutes until lightly golden and the center and several other spots reach 165°F (74°C).

5. Rest 5 minutes and divide into six portions.

Choose a sieve before boiling

Orzo can escape through a colander with large holes. Set out the right draining tool before the water boils rather than discovering the problem with a pan of hot pasta in your hands.

A useful detail

The 85-minute total allows chopping, the full turkey-and-vegetable stage, overlapping orzo boiling, the bake and rest. Use dry pasta labeled orzo, not rice or another grain.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F (32°C), at 40°F (4°C) or below. Use within 3 days or an earlier dairy or poultry deadline. Reheat to 165°F (74°C), stirring a saved portion with a little water if needed. Freeze promptly cooled portions for up to 1 month for quality; thaw in the refrigerator. Carry chilled lunches with two cold sources or refrigerate directly.