Asparagus and Pea Risotto-Style Orzo

2 creamy orzo bowls · Active 15 min · Total 30 min

Skills: Easy

Ingredients

- 1 tablespoon olive oil (15 ml)
- 1 small onion, finely chopped (100 g)
- 1 garlic clove, minced
- 6 oz orzo (170 g)
- 2 1/4 cups hot vegetable stock (540 ml), plus a little hot water if needed
- 6 oz asparagus, woody ends removed (170 g trimmed), stalks cut into 3/4-inch pieces and tips kept separate
- 1/2 cup frozen peas (70 g)
- 1/3 cup finely grated Parmesan (30 g)
- 1/2 teaspoon finely grated lemon zest
- 2 teaspoons lemon juice (10 ml)
- 1/4 teaspoon black pepper

Set out

Medium heavy saucepan (at least 2 liters), Wooden spoon, Fine grater

Allergens

Wheat, Milk. Check labels and substitutions.

Make it

1. Heat oil in the saucepan over medium heat. Soften onion for 5 minutes. Add garlic and orzo and stir for 1 minute.

2. Pour in hot stock and bring to a gentle simmer. Cook uncovered for 5 minutes, stirring frequently from the bottom.

3. Add asparagus stalk pieces and simmer 3 minutes. Add tips and frozen peas and cook 3–5 minutes more until orzo is tender and asparagus is tender-crisp. Stir regularly and add hot water 1–2 tablespoons at a time if too dry.

4. Remove from heat. Stir in Parmesan, lemon zest, lemon juice and pepper. Loosen with another splash of hot water if needed and serve immediately.

Leave room for the stir

A saucepan of at least 2 liters gives enough space to stir without spilling. The recipe uses one burner; keep the small reserve of hot water in a covered heatproof mug.

A useful detail

Package times for orzo vary. Taste it near the end, allowing an extra minute or two and more hot water if the center is still firm.

Keep it well

Refrigerate promptly in shallow containers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat with water to 165°F/74°C. The pasta absorbs sauce as it cools.