

THIS IS THE BEST  
RECIPE, AND I NEVER  
MINCE MY WORDS!



## WHY WE LOVED IT

Sometimes we love food because it has a funny family story behind it, maybe a little brother or sister couldn't pronounce something when they were learning to talk and it stuck.

We love this recipe because Freddie's story made us laugh. It's a special moment that has stuck with their family and will probably stay like that forever now!

There are two different orzo recipes that won Harvesting Family Favourites this year. We like orzo because it's pasta that's shaped like rice and it's very versatile. You can add it to soup or make it into a salad, or, like Freddie's done here, use it to create a type of stew.

Do you have any meals that you have funny names for in your family?



### MY FAMILY FAVOURITE What are you calling your recipe?

My family favourite is called: *Beef orzo (Twenty)*

### MY FAMILY MOMENT The personal story behind your recipe.

This meal is special to me because *I thought it said Beef orzo and it made me laugh. So that is what I call it.*

I eat this meal with *My Mummy, My Daddy and my Sister Lily every Monday for tea.*

## INFO:

Total time: **40 minutes**

Serves: **4**

## INGREDIENTS:

- 500g beef mince
- 1 chopped onion
- 2 teaspoons of ground cumin
- 2 tablespoons of dried oregano
- 1 teaspoon of garlic granules
- 2 red peppers
- 3 tablespoons of tomato puree
- 250g dried orzo
- 1-litre boiling water and vegetable stock
- 100g baby spinach
- Lemon juice, to taste
- 100g feta cheese

## METHOD

### STEP 1

Heat the oil in a frying pan over a medium heat, add in the beef mince and cook, make sure to stir constantly to break up the beef until browned.

### STEP 2

Add the onion and garlic granules into the beef pan and stir occasionally for 5 minutes or until the onion is tender.

### STEP 3

Stir in the tomato puree, gradually adding the vegetable stock, peppers, spinach, oregano, cumin, lemon juice and bring to the boil. Add in the orzo.

### STEP 4

Reduce the heat, cover and let it simmer. Stir occasionally until the orzo is cooked and all the liquid is absorbed.

### STEP 5

Divide between serving bowls, sprinkle with feta and serve!