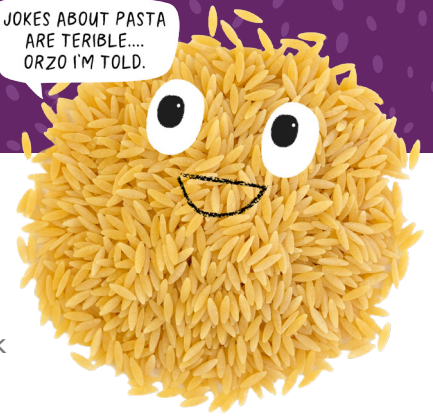


JOKES ABOUT PASTA
ARE TERRIBLE...
ORZO I'M TOLD.

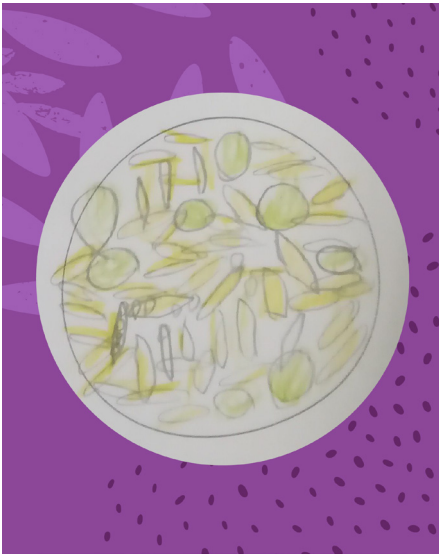


WHY WE LOVED IT

We really like how Logan is thinking of others with his meal. Sometimes it can be nice to take our time cooking and sometimes we want to make something quick so we can do other things. Logan likes this meal as it's quick to make and it gives his mummy more time to play with him.

We also love it as it's using frozen peas. Frozen peas are frozen as soon as they're picked so all the good things, like vitamins, are locked in. Frozen vegetables can also sometimes be cheaper than fresh vegetables too and are just as good for us.

What food can you think of that's very healthy, but is also quick to make?



MY FAMILY FAVOURITE What are you calling your recipe?

My family favourite is called: Easy PEASY ORZO

MY FAMILY MOMENT The personal story behind your recipe.

This meal is special to me because

All my family
love it and it is
quick so mummy can
play with me

I eat this meal with

my mummy
and daddy
and my brother
and

INFO:

Total time: **25 minutes**

Serves: **2**

INGREDIENTS:

- 300g frozen peas
- 200g orzo pasta
- 150g non-fat Greek yogurt
- 4 tbsp extra-virgin olive oil
- 2 cloves garlic (small)
- Juice and zest of 1 lemon
- 1 handful of mint leaves
- 40g hard cheese (optional)
- Salt and pepper

METHOD

STEP 1

Bring a kettle of water to the boil. Pour a little boiling water over the peas to defrost them and pour the rest into a saucepan ready to cook the orzo. Drop the orzo into the pan, giving it a good stir so that it doesn't stick together, then cook according to packet instructions.

STEP 2

Drain the peas, then place half of them in a small food processor with the yoghurt, olive oil, half the mint, lemon zest and juice. Season with salt and pepper, then blitz until you have a smooth green pasta sauce.

STEP 3

When the pasta has cooked, drain and return to the pan over a low heat.

STEP 4

Stir through the yoghurt sauce and remaining peas until everything is warmed through.

STEP 5

Divide between serving bowls, scatter over the mint and top with black pepper and some grated cheese, if using.