



# WARM MEDITERRANEAN ORZO SALAD

with Crispy Chickpeas and Marinated Bocconcini



## HELLO ORZO

Don't be fooled by its rice like shape - orzo is actually a short-cut pasta!

TIME: 30 MIN



Orzo



Broccoli, florets



Bocconcini Cheese



Basil



Chickpeas



Mediterranean Spice Blend



Sun-Dried Tomatoes



Lemon



Garlic



Red Onion, chopped

## BUST OUT

- Measuring Spoons
- Large Pot
- Baking Sheet
- Zester
- Strainer
- Measuring Cups
- Garlic Press
- Large Non-Stick Pan
- Small Bowl
- Salt and Pepper
- Whisk
- Olive or Canola Oil

## INGREDIENTS

2-person | 4-person

- Orzo 1 ¾ cup | 1 ½ cup
- Broccoli, florets 227 g | 454 g
- Bocconcini Cheese 2 100 g | 200 g
- Basil 7 g | 14 g
- Chickpeas 1 can | 2 can
- Mediterranean Spice Blend ½ tbsp | 1 tbsp
- Sun-Dried Tomatoes 28 g | 56 g
- Lemon 1 unit | 2 unit
- Garlic 6 g | 12 g
- Red Onion, chopped 56 g | 113 g

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Fish/Poisson
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.



## START STRONG

Preheat the oven to **450°F** (to roast chickpeas). Start prepping when the oven comes up to temperature!



**1 ROAST CHICKPEAS**  
Wash and dry all produce.\* Drain and rinse **chickpeas**. On a baking sheet, toss **chickpeas** with **1 tbsp oil** (dbl for 4 ppl), then **½ tbsp Mediterranean Spice Blend** (dbl for 4 ppl). Season with **salt** and **pepper**. Roast in **middle** of oven, stirring halfway through cooking, until golden-brown, 20-22 min.



**4 MARINATE BOCCONCINI**  
Meanwhile, quarter **bocconcini**. In a small bowl, whisk together **lemon zest**, **lemon juice**, **sliced basil** and **2 tbsp oil** (dbl for 4 ppl). Season with **pepper**. Add **bocconcini** and gently stir to coat. Set aside.



**2 PREP**  
Meanwhile, in a large pot, add **12 cups hot water** and **2 tsp salt** (**NOTE:** Use same size pot, water and salt amount for 4 ppl). Cover and bring to a boil over high heat. Meanwhile, cut **broccoli** into bite-sized pieces. Peel, then mince or grate **garlic**. Zest, then juice **half the lemon** (1 lemon for 4 ppl). Cut **remaining lemon** into wedges. Roughly chop **sun-dried tomatoes**. Thinly slice **half the basil**.



**5 COOK BROCCOLI**  
Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions** and **broccoli**. Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min. Add **garlic** and **sun-dried tomatoes**. Cook, stirring occasionally, until fragrant, 1-2 min. Season with **salt** and **pepper**. Meanwhile, remove **bocconcini** from **marinade** to a small plate.



**3 COOK ORZO**  
To the large pot with **boiling water**, add **orzo**. Cook, uncovered, until **orzo** is tender, 10-12 min. When **orzo** is tender, drain.



**6 FINISH AND SERVE**  
Remove pan from heat and add **orzo** and **crispy chickpeas** into **broccoli mixture**. Stir in **marinade** from **bocconcini**. Divide **Mediterranean orzo salad** between plates. Tear over **remaining basil** and top with **marinated bocconcini**. Squeeze over a **lemon wedge**, if desired.

## LEMONY!

Lemon zest and juice add a citrusy kick to this pasta salad!