

Green Greek One Pan Orzo

Pack in the veggies in this simple and comforting dish

Serves: 4

Prepare: 20 Minutes

Cook: 30 Minutes

Difficulty: easy



Ingredients

- 500g [organic turkey mince](#) or [organic turkey thigh mince](#)
- 6 -8 spring onions, sliced
- 2 cloves of garlic, thinly sliced
- 1tsp oregano_
- 800ml [organic chicken broth](#), plus an extra 200ml water
- 300g orzo
- 100g peas
- 100g green beans, chopped into thirds
- 100g tender stem broccoli, chopped into thirds
- 1 courgette, diced into 1 cm cubes
- 75g feta
- 2tbs toasted pine nuts
- few leaves of mint
- 1/2 lemon zest
- salt and pepper for seasoning

Method

1. In a wide saucepan or casserole suitable for the hob, heat some oil over a high heat and brown the turkey mince, in batches if necessary. Set aside
2. Wipe out the pan, add a little oil, and over a low/medium heat, fry the onions and garlic until the raw garlic smell has gone
3. Add the broccoli and green beans and 800ml of stock, bring to the boil rapidly
4. Once cooking, add the orzo and oregano
5. After 3 mins the orzo should be almost cooked so add the turkey, courgette, and peas and turn the heat down
6. When the orzo is cooked (you may want to add a little more of the stock to prevent it from drying out) add the spinach and stir to wilt. Season to taste
7. Remove from the heat and crumble over the feta. Sprinkle the pine nuts, mint, and lemon zest and finish with a drizzle of extra virgin olive oil