



Roast Tomato Orzo

with Whipped Feta

A warm Mediterranean-style risoni with roasted cherry tomatoes, zucchini, sweet potato, and corn, tossed with fresh basil on a bed of creamy whipped feta.



35 minutes



2 servings



Vegetarian

FROM YOUR BOX

CHERRY TOMATOES	200g
SWEET POTATO	400g
ZUCCHINI	1
CORN COB	1
RISONI	125g
FETA CHEESE	1 packet
BASIL	1 packet
CRISPY SEED TOPPING	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, milk (1/4 cup),

NOTES

Any leftovers are great the next day for lunch! Add more bulk with tinned beans, chickpeas or serve on the side of falafels.

Crispy Seed Topping: pepita seeds, sunflower seeds, fried shallots.

No gluten option – risoni is replaced with GF pasta.

Cook pasta according to packet instructions. The feta cheese can be crumbled and tossed through the pasta instead of making the feta cream.

1. ROAST THE VEGETABLES

Set oven to 220°C. Halve **cherry tomatoes**, dice **sweet potato** (2–3cm), slice **zucchini**, remove kernels from **corn**. Toss with **oil, salt, pepper**, and **3 tsp dried herb or spice** of choice (see tip). Spread on lined tray, roast for 20–25 minutes until golden.

TIP *Try smoked paprika, dried oregano or za'atar for added flavour. We used a blend of ground coriander, dried mint and sumac.*

2. COOK THE RISONI

Bring saucepan of water to boil. Add **risoni** and cook 8–10 minutes or until al dente. Drain and rinse lightly to stop cooking.

3. WHIP THE FETA CHEESE

Crumble **feta cheese** and blend with **1 tbsp olive oil** and **1/4 cup milk** or **water** using a stick mixer or small food processor until smooth and creamy. Season with **pepper**.

TIP *Add a squeeze of lemon juice if desired.*

4. FINISH AND SERVE

Spread whipped feta onto serving plate or bowl. Toss risoni with roasted vegetables, **crispy seed topping** and dressing of choice (see tip). Pile on top of whipped feta. Slice **basil** leaves and use to garnish.

TIP *A balsamic dressing, pesto or simple vinaigrette can be used to dress the risoni. We used 1 tbsp red wine vinegar whisked with 1 tbsp olive oil, salt and pepper.*

This recipe has simplified instructions to help lower your meal cost.