

Spring Pesto Orzo



COURSE
Dinner, Lunch



SERVINGS
7

CALORIES
447 kcal

INGREDIENTS

- 2 Tbsp extra-virgin olive oil
- 2 shallots finely chopped
- 1 c seitan finely chopped
- 3 garlic cloves thinly sliced
- 2 tsp salt divided, plus more
- 1 lb. Barilla Chickpea Orzo
- 1 cup vegetable broth
- Freshly ground pepper
- 6 oz sugar snap peas thinly sliced
- ½ cup frozen peas thawed
- 7 Tbsp Vegan Parmesan like Follow Your Heart
- 3 Tbsp fresh lemon juice
- ½ cup store-bought or homemade vegan pesto

INSTRUCTIONS

1. Heat 2 Tbsp. extra-virgin olive oil in a large heavy pot over medium-high.
2. Add seitan and cook for 3 minutes, until the pieces start to crisp.
3. Add shallots, and cook until slightly softened, about 3 minutes. 4.
4. Add garlic cloves and 1 tsp salt and cook for 1 more minute

5. Add orzo and cook, stirring often, until toasted, about 3 minutes.
6. Add vegetable broth and freshly ground pepper, to taste.
7. Cook, stirring often, until liquid is absorbed, about 3 minutes.
8. Cook orzo, adding 5 cups water a cupful at a time, stirring often and waiting until absorbed before adding more, until almost tender, about 15 minutes total.
9. Add snap peas, peas, and another ½ cup water. Stir often, until vegetables are crisp-tender and orzo is cooked through, 2–3 minutes.
10. Remove from heat, add vegan parmesan, lemon juice, and stir until combined.
11. Taste and season with more salt and pepper if needed.
12. Divide among 7 shallow bowls and swirl a little of pesto into each; sprinkle with more pepper if desired.

NUTRITION

Nutrition Facts

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Amount Per Serving (1 g)

Calories 447 Calories from Fat 180

% Daily Value*

Fat 20g **31%**

Carbohydrates 49g **16%**

Protein 27g **54%**

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!