



Roast Ratatouille Orzo

Ingredients

Vegetables

- 2x egg plants
- 2 courgettes
- 200g cherry tomatoes
- 4 tbsp olive oil
- salt and peper to taste

Sauce

- 4 tbsp olive oil
- 2 tbsp sundried tomato pesto
- 150g jar sundried tomatoes - plus the oil from the jar
- 1 garlic clove
- 1x 400g can chopped tomatoes
- 1 tbsp balsamic vinegar
- salt and peper to taste

Orzo

- 250g orzo
- 400ml boiling water
- 1x vegetable stock pot

Directions

Before you start

- Preheat oven to 180, fan setting
- Powerful blender
- Large saucepan
- Baking tray

Step 1 - Prepare the vegetables

- Cut the aubergine and courgette into small cubes.
- Halve the cherry tomatoes.
- Place the vegetable cubes onto a baking tray, drizzle with olive oil and a pinch of salt.
- Mix well before cooking for 30-35 minutes, or until the vegetables turn soft.

Step 2 - Make the sauce

- Place all of the sauce ingredients into a powerful blender and blend until smooth, adding a dash of water if needed to make a smooth sauce.

Step 3 - Cook the orzo

- Place a large saucepan over a medium heat and pour in the boiling water, adding more if needed to cover the orzo.
- Add the vegetable stock cube and mix well until dissolved.
- Once dissolved, add the orzo and cook for the time it states on the pack.

Step 4 - Mix through the sauce and veggies

- Once the orzo is soft and has absorbed all of the water, mix through the sauce and cook for a few minutes to heat through.
- Add the roasted veggies and mix well until mixed through the whole dish.

Step 5 - Tips to serve.

- Chop basil and sprinkle over the top of the dish before topping with pepper and salt to taste.
- Serve immediately.

Enjoy!

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