

CREAMY LEMON ORZO WITH CHICKPEAS AND BROCCOLI

Preparation: 20 minutes | Cooking: 20 minutes | Servings: 4

INGREDIENTS

½ pound orzo pasta
3 sprigs thyme
2 cloves garlic, minced
1 shallot, finely diced
4 cups broccoli florets
2 cups vegetable stock
1 ½ cups (one 15-ounce can) cooked chickpeas, drained and rinsed
1/3 cup water
¼ cup raw cashews soaked in water for 2 hours
1 ½ tablespoons olive oil

1 tablespoon nutritional yeast
1 tablespoon lemon juice
1 teaspoon lemon zest
Salt and pepper



INSTRUCTIONS

Blend together cashews, water and nutritional yeast until you have a smooth cream and set aside. Heat large pan, preferably a Dutch oven, and once hot add 1 teaspoon of olive oil. Add broccoli florets to pan, let sit for 4 minutes or until broccoli is bright green and slightly browning on bottom. Place broccoli in a bowl and season with salt and pepper to taste. In the large pan, add a tablespoon of olive oil and the diced shallots. Cook shallots until translucent, about 4 minutes. Add garlic, thyme and lemon zest. To add some heat to the dish, add chili flakes in this step. Stir and cook for about a minute. Add orzo pasta and chickpeas and season with more salt and pepper. Add vegetable stock and stir regularly until it simmers or until the orzo is soft, about 8 minutes. Once orzo is cooked, add the cashew cream, lemon juice and broccoli. Bring back to a simmer and adjust seasoning to preferred taste. If preferred, garnish with parsley, parmesan and chili flakes. Enjoy!