



# Greek seafood orzo casserole

30'

Hands on

20'

Cook Time

6-8

Portion(s)

2

Difficulty



## Method

- Place a **frying pan** over high heat.
- Cut the shrimps lengthways, then into three pieces, and add them into a bowl. Add 2 tablespoons olive oil, salt, pepper, and mix.
- Transfer into the hot frying pan and sauté for 1-2 minutes. Remove and set aside.
- Place the same frying pan on heat.
- **Cut** the calamari into thin rounds, then in half, and add them into a bowl. Add 2 tablespoons olive oil, salt, pepper, and 1 teaspoon sugar. Transfer into the hot frying pan and sauté for 2-4 minutes. Remove and set aside.
- Place the same frying pan on heat and add 2 tablespoons olive oil.
- Finely chop the leek, celery, carrot, onion, and add them to the hot frying pan.
- Add the thyme, the garlic finely chopped, 1 teaspoon sugar, and let them caramelize.
- Then, add the cloves, allspice, star anise, bay leaf, chicken cube, tomato paste, ouzo, wine, canned tomatoes, orzo, lower the heat to medium and mix.
- Add 1/3 of the water and simmer for 2-3 minutes by constantly stirring with a serving spoon. Follow the same process for 10-20 minutes, until there is no more water and the orzo becomes tender.
- A couple of minutes before the orzo is ready, add the mussels, the lemon zest to the shrimps, the lemon juice to the calamari, and add them all to the frying pan. Boil for 1-2 minutes until the mussels open up.
- Remove from the heat and add 2-3 tablespoons olive oil.
- Serve with the parsley finely chopped, the olive oil, pepper, salt, and lemon slices.

## Ingredients

- 500 g jumbo shrimps
- 8-9 tablespoons olive oil
- salt
- pepper
- 1 kilo calamari
- 1 tablespoon granulated sugar
- 1 leek
- 2 celery stalks
- 1 carrot
- 1 onion
- 1 tablespoon thyme
- 2 cloves garlic
- ¼ teaspoon ground cloves
- ¼ teaspoon ground allspice
- 1 star anise
- 1 bay leaf
- 1 chicken bouillon cube
- 1 tablespoon tomato paste
- 50 g ouzo
- 50 g red wine
- 400 g canned tomatoes
- 250 g orzo pasta
- 750 g water
- 500 g mussels, in shell
- zest and juice of 1 lemon

To serve

- parsley
- 2 tablespoons olive oil
- salt
- pepper
- slices of 1 lemon

## Διατροφικός πίνακας

Nutrition information per portion

432 Calories (kcal)	13.0 Total Fat (g)	2.1 Saturated Fat (g)	33.0 Total Carbs (g)
22%	19%	11%	13%

6.7 Sugars (g)	44.0 Protein (g)	2.4 Fibre (g)	1.7 Sodium (g)
7%	88%	10%	28%