



Orzo and tomato stew with tahini

10'
Hands on

15'
Cook Time

4
Portion(s)

1
Difficulty



Method

- Place a **pot** over high heat and add the olive oil.
- Coarsely chop the onion and add it to the pot. Add the sugar and mix.
- Finely chop the garlic and add it to the pot. Add salt, pepper, the thyme, the oregano, and sauté for 2-3 minutes until caramelized.
- Add the orzo and sauté it for 1 minute.
- Add one batch of the vegetable stock, the canned tomatoes, and lower the heat to medium. Once the moisture is absorbed, add another batch of the stock and stir. Follow the same process another 4-5 times until the orzo is ready. Ideally, your stock should be warm so that your pot's temperature does not drop.
- Finely chop the sundried tomatoes and add them to the pot. Mix and remove from the heat.
- Add the tahini and mix.
- Serve with cherry tomatoes, oregano, sesame seeds, and olive oil.

Ingredients

- 1 onion
- 2 tablespoon(s) olive oil
- 1 pinch granulated sugar
- 2 clove(s) of garlic
- salt
- pepper
- 1 tablespoon(s) thyme
- 1 tablespoon(s) oregano
- 250 g orzo pasta
- 400 g canned tomatoes
- 1 liter vegetable stock
- 50 g sun-dried tomatoes
- 60 g tahini

To serve

- 1 cherry tomatoes
- oregano
- sesame seeds
- olive oil

Διατροφικός πίνακας

Nutrition information per portion

499 Calories (kcal)	23.0 Total Fat (g)	3.6 Saturated Fat (g)	54.0 Total Carbs (g)
25%	33%	18%	21%
7.1 Sugars (g)	15.0 Protein (g)	6.9 Fibre (g)	1.2 Sodium (g)
8%	30%	28%	20%