



# Whole-wheat orzo with tomato and basil

20'  
Hands on

15'  
Cook Time

6-8  
Portion(s)

1  
Difficulty



## Ingredients

- 1 onion
- 2 carrots
- 1 clove(s) of garlic
- 1 green bell pepper
- 1 red bell pepper
- 1 yellow bell pepper
- 2 tablespoon(s) olive oil
- 1 teaspoon(s) granulated sugar
- 1 tablespoon(s) turmeric
- 1 teaspoon(s) paprika, smoked
- 500 g orzo pasta, whole wheat
- salt
- pepper
- 1200 g water
- 500 g tomatoes, grated

### To assemble

- 100 g feta cheese
- 2 tablespoon(s) basil
- 50 g olive oil
- lemon juice, from 1/2 lemon

### To serve

- basil
- olive oil
- pepper

## Method

- Place a **pot** over high heat and add the olive oil.
- **Cut** the onion into large pieces, the carrots into half-moons, and add them to the pot.
- Finely chop the garlic, cut the peppers into small cubes, and add them to the pot. Add the sugar and sauté for 2-3 minutes until the vegetables are caramelized.
- Add the turmeric, the paprika, the orzo, and sauté well.
- Add salt, pepper, the water, the tomato, and simmer at low heat for 13-15 minutes, stirring regularly.
- Remove from the heat and add the feta cheese crumbled with your hands, the basil finely chopped, the olive oil, the lemon juice, and mix.
- Serve with mint leaves, olive oil, and pepper.

## Διατροφικός πίνακας

### Nutrition information per portion

369 Calories (kcal)	11.0 Total Fat (g)	3.1 Saturated Fat (g)	51.0 Total Carbs (g)
18%	16%	16%	20%
9.2 Sugars (g)	11.0 Protein (g)	7.7 Fibre (g)	0.43 Sodium (g)
10%	22%	31%	7%