



# Calamari and Spinach Orzo

**30 minutes**

Hands on

**4**

Portion(s)

**1**

Difficulty



## Method

- Place a pot over high heat.
- Quarter the leek and cut into small cubes.
- Chop the onion and garlic into 1 cm slices.
- Cut the zucchini in half and then into slices about 1 cm thick so that it doesn't lose its flavor while cooking.
- Add some olive oil to the hot pot and add all of the vegetables.
- Stir with a wooden spoon and sauté for 5-7 minutes, until they caramelize nicely.
- Cut the calamari into rounds and cut the tentacles in 2-3 places to make pieces.
- Add the calamari to the pot with the vegetables and sauté for 5 minutes until light golden.
- When ready, add the orzo and saute for 2-3 minutes with a wooden spoon. This will help "seal" the orzo so it won't crack while boiling.
- Add the wine and wait for it to evaporate.
- Add the canned chopped tomatoes, lemon zest, lemon juice and stir.
- Add the stock in 3 batches. Add the first 1/3, stir continuously and lower heat to medium.
- As soon as the orzo absorbs all of the stock, add another 1/3.
- Repeat the same process until all of the stock has been added and stir.
- As soon as all of the stock is absorbed the orzo is ready.
- Add the spinach last and stir until all of the ingredients are combined. (The spinach is always added last so that it doesn't lose its flavor.)
- Remove from heat and taste before adding any salt because the calamari may release some saltiness.
- Season with salt and if you want to add more intensity in flavor add pepper, dill, tahini and lemon juice. Stir.
- To serve, drizzle with some olive oil and sprinkle with some freshly ground pepper.
- To make the gremolata, beat the almonds and garlic in a food processor until completely ground.
- Add the parsley and the dill and beat again until it breaks down

## Ingredients

- 1 leek, large
- 1 onion, large
- 2 clove of garlic
- 1 zucchini, medium
- 500 g calamari, fresh or frozen
- 250 g orzo pasta, medium
- 130 g white wine, dry
- 400 g canned tomatoes
- zest, of 2 lemons
- juice, of 2 lemons
- 750 g stock, vegetable
- 100 g spinach, cleaned
- 2-3 tablespoon(s) olive oil
- salt
- pepper
- 50 g tahini
- 2 tablespoon(s) dill

For the gremolata

- 50 g almonds
- 1 clove of garlic
- 3 tablespoon(s) parsley, fresh
- 1 tablespoon(s) dill
- zest, of 1 lemon

## Διατροφικός πίνακας

Nutrition information per portion

658 Calories (kcal)	25.0 Total Fat (g)	3.4 Saturated Fat (g)	75.0 Total Carbs (g)
33%	36%	17%	29%
16.0 Sugars (g)	27.0 Protein (g)	8.2 Fibre (g)	2.6 Sodium (g)
18%	54%	33%	43%

completely.

- To finish, add the grated zest of 1 lemon and mix with a spoon.
- Serve the aromatic gremolata over the spinach and calamari orzo when serving and also to the pot.