

BROCCOLI & CHEDDAR ORZO



Moderate



45 minutes



Main



04-06 Servings

INGREDIENTS

225g cheddar cheese, shredded
400g broccoli
1 large onion
6 large cloves garlic
2 tablespoons olive oil
1¾ teaspoons ground sea salt, divided
½ teaspoon freshly ground black pepper, divided
1 ½ teaspoons dry ground mustard
¼ teaspoon ground cayenne pepper (optional)
450g dried orzo pasta
1 litre vegetable stock
235ml milk, any
2 tablespoons butter



COOKING STEPS

Trim the stem end from the broccoli crowns. Cut the florets from the stems. Separate or cut the florets into 1 to 1 ½ inch pieces. Chop the stems into ¼ to ½ inch pieces and place in a separate medium bowl. Finely chop the onion then add to the bowl with the broccoli stems. Finely grate 6 large garlic cloves (about 4 teaspoons).

Heat 2 tablespoons olive oil in a large oven safe pan over a medium heat until shimmering, about 30 seconds. Add the onion and broccoli stems, 1 teaspoon of the salt and ¼ teaspoon of the black pepper. Cook, stirring occasionally, until the onion is translucent and the stems are almost tender, 5 to 7 minutes.

Add the broccoli florets, remaining ¾ teaspoon salt, remaining ¼ teaspoon black pepper, 1½ teaspoons ground mustard, and ¼ teaspoon ground cayenne if desired and stir to combine. Cook, stirring often, until the florets are vibrant green, 3 to 5 minutes.

Add the garlic and cook, stirring constantly, until fragrant, about 30 seconds. Add the orzo pasta and cook, stirring constantly, until lightly toasted, about 1 minute. Add the broth and stir to combine, scraping up the browned bits from the bottom of the pan. Increase the heat to high and bring to a boil.

Reduce the heat to maintain a very gentle simmer. Continue to cook, stirring every minute or so and scraping the bottom of the pot, until the orzo is a minute shy of al dente and most of the liquid is absorbed (but still glossy), 6 to 8 minutes or according to package instructions. Add the milk, stir to combine and simmer until the orzo is al dente but still saucy, about 1 minute more.

Remove the pan from the heat. Add 2 tablespoons butter and the cheese. Stir until the butter and cheese are melted and the orzo is glossy and saucy. Let sit for 5 minutes for the sauce to thicken before serving.