



# Orzo salad with seasonal vegetables

## Ingredients

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2. 1 cup dry orzo pasta
3. ½ cup asparagus, steamed and cut into thirds.
4. 1 teaspoon of chicken stock
5. ½ cup capsicum, diced.
6. 2 cups of water
7. ½ cup cucumber, diced.
8. ½ cup cherry tomatoes, halved.
9. 250 g bacon, baked and cut into pieces.
10. ½ cup broccoli, steamed and cut into small florets.
11. 250 g block of Feta (or any cheese), crumbled.
12. 1 teaspoon of olive oil.
13. Optional: Your favourite lite salad dressing.

## TOPPING IDEAS

- Fresh, dried or Frozen fruit – you can add frozen fruit in before you put it in the fridge to soak overnight.
- Granola, muesli for an extra bit of crunch
- Any Nuts and Seeds
- Spices – cinnamon, nutmeg, ginger can give extra flavour.
- Yoghurts – for a bit more creaminess and flavour
- Spreads – Mixing in Jam and Peanut butter can add flavour.

## Directions

1. Preheat your oven to 200°C. Line a baking tray with baking paper, then place the bacon side-by-side on the tray.
2. Cook the bacon for 10 to 20 minutes or until it's reached your desired level of crispiness. Make sure to check on it after about 10 minutes, as some ovens cook faster. Remove the tray from the oven and transfer the bacon with tongs to a paper towel-lined plate.
3. Bring a large pot of water to a boil, add the orzo and one teaspoon of chicken stock and cook according to the package directions, usually 8 to 10 minutes. Drain the orzo and toss it with a little olive oil, so that it doesn't stick together. Spread onto a baking sheet to cool.
4. Bring a pot of water to the boil. Place a steamer pot on top and steam the broccoli and asparagus for five to six minutes to maintain a slight crunch.
5. Prepare the other vegetables in a medium bowl: cherry tomatoes, cucumber, and capsicum. Season with salt and pepper.
6. Place the cooked orzo in a large serving bowl and top with the vegetables and bacon. Crumble through the feta cheese.
7. Drizzle over the salad dressing if you desire.

## Enjoy!

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