

HARISSA TOMATO ORZO & FETA

Ingredients



- 200g feta, broken into 2cm pieces
- 1 teaspoon harissa paste
- 4 tablespoons (60ml) olive oil
- 250g orzo
- 4 garlic cloves, crushed
- 3 strips of finely shaved orange peel
- 1 teaspoon dried oregano
- 1 x 400g can chopped tomatoes
- 50g sundried tomatoes in oil, drained and lightly chopped
- 700ml vegetable stock – use 1 stock cube
- salt & pepper

OPTION

- 400g RAW peeled prawns
- 20g black olives, lightly chopped
- 30g basil leaves, roughly sliced

Directions

Serves 4

1. In a bowl, mix the harissa with 3 tablespoons of the oil. Coat the feta with the marinade.
2. Peel orange creating thin shavings of the skin, using a very sharp veg peeler with no white pith.
3. Have 700ml of veg stock ready. Place a large sauté pan on medium heat. Put one tablespoon olive oil in the pan.
5. Add the uncooked orzo, pinch of salt and pepper. Fry 3 minutes, stirring, until golden-brown, then remove from the pan and set aside. (You can skip this step if you're in a hurry – it toasts the orzo - the final dish is more al dente and less 'gluggy'.)
7. Return pan to the same heat, pour off 3 tablespoons of the oil and harissa mix, into your frying pan (leaving the feta behind).
8. Add garlic, dried oregano, orange peel. Fry for 1 minute, until the garlic starts to lightly brown, then add the tomatoes, vegetable stock, ½ teaspoon salt and grinds of black pepper.
9. Bring to the boil, then stir fried orzo. Cover, lower heat to low and simmer for 15-20 minutes, stirring once or twice.
10. Remove the lid and cook for a further 1-2 minutes until the mixture is risotto-like.

OPTION

11. If adding prawns, cook for 2-3 minutes until they're pink.

IF ADDING chopped black olives, half the chopped basil and let the basil wilt into the orzo tomato mixture.

Serve at once with the marinated feta sprinkled on top with the other half of the chopped basil.

