

Nibbly Pig

Orzo broad bean and courgette salad



Ingredients (serves 2)

85g Orzo (or any other small pasta)
100g podded Broad Beans
½ tablespoon of olive oil
½ onion, finely chopped
1 garlic clove, sliced
1 courgette, chopped in slices and then halves
A small handful of mint and parsley
½ lemon, juice only
Salt and pepper

Method

Cook the orzo in a pan according to the packet instructions; normally it takes about 7 minutes in boiling water. Once cooked, drain and leave to cool.

Meanwhile, blanch the broad beans in a separate pan of boiling water for around 3 minutes, drain and leave to cool. Then pod them to reveal the soft tender beans.

In a saucepan, heat the olive oil and add the onion, sauté for a few minutes until soft, add the garlic and cook for a further minute. Finally, add the chopped courgette and cook for 4 minutes or so until softened. Take off the heat and leave to cool.

Add the orzo, beans and courgette mix and the remaining ingredients into a bowl. Season and stir well.