



# ROASTED EGGPLANT ORZOTTO

with DIY Pesto and Arugula-Tomato Salad

VEGGIE



## HELLO ORZO

This rice-shaped pasta is cooked similarly to risotto in this recipe

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 643



Red Onion, chopped



Garlic



Eggplant



Roma Tomato



Basil



Pine Nuts



Arugula



Parmesan Cheese, shredded



Lemon



Orzo



Vegetable Broth Concentrate



## BUST OUT

- Foil
- Baking Sheet
- Garlic Press
- Zester
- Large Non-Stick Pan
- Plate
- Measuring Cups
- 2 Medium Bowls
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

2-person

- Red Onion, chopped 56 g
- Garlic 10 g
- Eggplant 400 g
- Roma Tomato 130 g
- Basil 10 g
- Pine Nuts 5 28 g
- Arugula 56 g
- Parmesan Cheese, shredded 2 28 g
- Lemon 1
- Orzo 1 170 g
- Vegetable Broth Concentrate 1

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

\*Laver et sécher tous les aliments.



## START STRONG

Preheat your oven to **425°F** (to roast the eggplant). Start prepping when your oven comes up to temperature!



**1 ROAST EGGPLANT**  
Wash and dry all produce.\* Cut the **eggplant** into ½-inch cubes. On a foil-lined baking sheet, toss the eggplant with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven until golden-brown, 20-25 min.



**4 COOK ORZO**  
Add a drizzle of **oil** to the same pan, then **half the red onion** and **half the garlic**. Cook, stirring often, until the onion softens, 2-3 min. Reduce the heat to medium, then add the **orzo**, **broth concentrate** and **2 cups water**. Cook, stirring occasionally, until the orzo is tender and all of the liquid is absorbed, 12-14 min.



**2 PREP**  
Meanwhile, mince or grate the **garlic**. Cut the **tomatoes** into ½-inch cubes. Finely chop the **basil leaves** (including the stems). Chop **half the arugula**. Zest the **lemon**, then cut into wedges.



**5 MAKE PESTO AND TOMATO SALAD**  
Meanwhile, in a medium bowl, combine the **basil**, **chopped arugula**, **Parmesan**, **pine nuts**, **half the lemon zest** and **remaining garlic** with a drizzle of **oil** – just enough to make the mixture runny! Season with **salt** and **pepper**. Set aside. In another medium bowl, combine the **remaining lemon zest** and a drizzle of **oil**. Add the **tomatoes**, **remaining arugula** and **remaining onions**.



**3 TOAST PINE NUTS**  
Heat a large non-stick pan over medium heat. Add the **pine nuts** to the dry pan. Cook, stirring often, until golden-brown and toasted, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.



**6 FINISH AND SERVE**  
Stir the **eggplant** and the **pesto** into the **orzo**. Season with **salt** and **pepper**. Divide the **roasted eggplant orzo** and **arugula-tomato salad** between plates. Squeeze over a **lemon wedge**, if desired.

## AWESOME!

A bit of elbow grease and fine chopping can turn any herb-nut combination into pesto!

