

Recipes and Tips



Orzo Salad With Lentils and Courgette

4 to 6 servings

salt
210 gr green or brown lentils
210 gr orzo
118 ml extra-virgin olive oil
59 ml lemon juice (from 2 lemons)
37 gr sliced pickled pepperoncini (about 6 to 8 peppers)
Black pepper
3 courgettes
83 gr raw pistachios or walnuts, coarsely chopped
3 spring onions, thinly sliced

Bring a large pot of salted water to a boil. Add the lentils and cook for 9 minutes, then add the orzo and cook until the lentils and orzo are cooked through but not mushy, another 10 to 12 minutes.

Meanwhile, in a large bowl, stir together the oil, lemon juice and pepperoncini. Season with $\frac{1}{2}$ teaspoon each salt and pepper. If using small or medium zucchini, halve them lengthwise, then slice crosswise into $\frac{1}{4}$ -inch-thick half-moons. (If using large zucchini, quarter them lengthwise first, then slice crosswise into $\frac{1}{4}$ -inch-thick triangles.) Add to the dressing and stir to combine.

Drain the lentils and orzo very well, then add to the zucchini, along with the pistachios and spring onions. Stir to combine, then season to taste with salt and pepper. Eat warm or at room temperature. (Salad keeps, refrigerated, for up to 4 days. Bring to room temperature and adjust seasonings before eating.)