

# LighterLife Management

## Week 4 Recipes:

### Mushroom and basil orzotto

Rather than using rice, this twist on risotto is made with tiny, rice-shaped orzo pasta – and as a result it's far quicker to cook yet still get the same creamy result.!

**Serves: 1**

Nutrition per serving:

348 kcal, 14g protein, 60g carbs, 7g fat, 3g fibre

#### Ingredients:

- 200ml vegetable stock
- ½ red onion, chopped
- 150g white mushrooms
- 1 garlic clove, crushed
- 60g orzo pasta (dry weight)
- 1 tsp dried thyme
- 1 tbsp balsamic vinegar
- Small bunch fresh basil, finely chopped
- Freshly ground black pepper
- 1 tbsp low-fat soft cheese

#### Method:

1. Make up the stock with boiling water, then pour into a small pan and set over a low heat to keep warm.
2. Cook the onion, mushrooms and garlic in a splash of the stock in a large non-stick pan over a medium heat, until softened.
3. Stir in the orzo, thyme, balsamic vinegar and half the basil, and cook for 1 min.
4. Add half the stock and bring to the boil, then add the rest of the stock. Turn down the heat, season with black pepper and simmer, stirring occasionally, until the stock has been absorbed and the rice is al dente.
5. Remove from the heat, stir in the cheese and serve topped with the remaining basil.

#### Tips:

- This is great with most veg – we like it with sweet peppers and pumpkin – and if you're a meat eater, you could add some chicken or prawns (cooked separately then add towards the end of the cooking time).