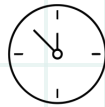




# ONE POT BEEF ORZO



Prep time  
10 min



Cooking time  
20 min



Portions  
4-6



One Pot Beef Orzo

## Chef Notes

- Start with medium heat-rushing on high heat burns the mince and dries it out.
- Orzo cooks faster than rice and slower than pasta → keep an eye on it.
- Break the mince up properly with a spoon so there are no big clumps.
- Stir the orzo once or twice after adding liquid so it doesn't stick.
- If it looks dry while cooking → add a splash of hot water or stock.
- Lid on = faster cooking
- Lid off = thicker sauce

## Skill Badges



## Ingredients

450g minced beef  
2 tbs olive oil  
1 medium onion, chopped  
3 cloves garlic, crushed  
340g (2 cups) orzo/risoni pasta  
720ml (3 cups) beef stock  
400g tinned tomatoes/passata  
2 tsp oregano  
1 tsp smoked paprika  
Salt and pepper to taste  
1 tbs balsamic vinegar  
120g (1 cup) grated cheese  
Fresh parsley for garnish (optional)  
2 tbs of yogurt or cream (optional)

## Equipment

Large frying pan with lid  
Wooden spoon)  
Measuring jug  
Measuring Spoon

Chopping board  
Knife  
Garlic crusher  
Tin opener  
Measuring jug

## Method

### Step 1

Heat the olive oil in a large pan over medium heat. Add the chopped onion and cook for 2-3 minutes until soft. Add the garlic and cook for 30 seconds until fragrant.

### Step 2

Add the ground beef to the pan. Break it up with a spoon and cook until browned. Season with salt and pepper.

### Step 3

Stir in the oregano, paprika and balsamic vinegar. Cook for 1 minute to build flavour.

### Step 4

Add the orzo, beef broth and diced tomatoes. Stir well and bring to a gentle simmer.

### Step 5

Lower the heat, cover with a lid and cook for 10-12 minutes, stirring once or twice, until the orzo is tender and most of the liquid is absorbed.

### Step 6

Remove from the heat, stir in the mozzarella until melted. Taste and adjust seasoning. For a more creamy pasta add 2 tbs of yogurt or cream. Garnish with fresh parsley and serve with parmesan.