



# Baked Orzo with Eggplant and Tomatoes

## Ingredients

- 🏠 1 drizzle of oil
- 👑 1 small eggplant\*, in small cubes
- 👑 2 cloves of garlic, chopped
- 👑 1 onion, chopped
- 👑 1 cube of chicken broth concentrate\*
- 🏠 2 cups (500 ml) boiling water
- 👑 2 ½ cups (625 ml) diced tomatoes with Italian herbs
- 👑 1 ½ cup (375 ml or 280 g) orzo pasta
- 🏠 Salt and pepper to taste
- 🏠 2 cups (500 ml) grated cheese (optional)

## YOU WILL NEED

- ★ aluminum foil or lid to fit over the pan
- ★ bowl (small)
- ★ cutting board
- ★ fork
- ★ knives
- ★ ovenproof (large) pan\*
- ★ set of measuring cups
- ★ set of measuring spoons

## SUGGESTED ALTERNATIVES

- \*BROTH CUBE → broth powder, liquid concentrate or homemade broth
- \*OVERPROOF PAN → after step 6, transfer the mixture to a Pyrex dish or other ovenproof baking dish
- \*EGGPLANT → zucchini or other vegetable of your choice

# continuation of the recipe

## Preparation

- 1 Preheat oven to 375°F.
- 2 Heat oil over medium-high heat in a large ovenproof pan\*.
- 3 Add the eggplant cubes and cook for 5 to 10 minutes until nicely browned. If the pan is too small, cook in two batches.
- 4 Reduce heat and add garlic and onion. Sweat for a few minutes.
- 5 Using a fork, dissolve the stock cube in 2 cups of boiling or very hot water.
- 6 Stir in the diced tomatoes, water, broth and orzo. Add salt and pepper to taste, then bring to a boil.
- 7 Cover the pan with a lid or aluminum foil and transfer to the oven. If the pan does not go in the oven (make sure the handle is not made of plastic), see the box "Suggested alternatives".
- 8 Bake for 30-45 minutes or until pasta is cooked. **WARNING!** The pan will be very hot, use oven mitts and if necessary, ask for help to remove the pan from the oven.
- 9 Optional: top with cheese and broil in the oven.

### BONUS

- ➔ IF YOU LIKE PESTO, ADD 3 TABLESPOON IN STEP 6.
- ➔ FOR A COMPLETE MEAL, ADD A PROTEIN FOOD OF YOUR CHOICE: GROUND MEAT, LENTILS, CRUMBLED TOFU, CHICKEN, SHRIMP, SAUSAGES, ETC.