

Orzo & Courgette Bake

Our courgettes are starting to go a bit mad now! We love this yearly treat however, and find courgettes surprisingly versatile: in soups or sliced thinly in salads, they're a great partner with salty feta or other light cheeses, plus often debut with mint and peas for a light fresh taste – not to mention yummy courgette muffins. We usually throw them in pasta bakes and lasagnes, or roast them alongside tomatoes, onions, peppers and aubergines; but this special bake makes them more of a feature in their own right. Orzo is that gorgeous rice-like pasta that is amazingly filling and tasty.

Serves 4-6

600g courgettes: half grated,
smaller ones sliced longways
2 tbsp olive oil
25g butter
2 onions, diced
3 garlic cloves, squashed
500g orzo
splash white wine
1l vegetable stock
2 large handfuls grated parmesan
large handful breadcrumbs
sea salt & black pepper



Bill Longshaw/FreeDigitalImages

Heat the oven to 230C. Toss the sliced courgettes with a little oil in a roasting tin and cook for 10 minutes. Reduce the oven to 180C. Heat the rest of the oil with the butter in a large frying pan; cook the onions and garlic gently until golden. Add the grated courgettes, turn up the heat and cook, stirring, until softened. Stir in the orzo and wine; then take off the heat and stir in the stock, half the Parmesan and season well. Spread into a baking dish and lie the sliced courgettes on top. Bake for 15 minutes, then sprinkle over the rest of the Parmesan mixed with the breadcrumbs, and bake for another 10 minutes until golden. Serve with a fresh green salad and tomatoes.



Tel: 01793 772287
info@purtonhouseorganics.co.uk
www.purtonhouseorganics.co.uk