



LIAM HOWELLS
PERFORMANCE NUTRITION

Orzo Primavera Pasta Salad



Calories: 213



Carbs: 41



Protein: 8



Fat: 1

SERVINGS: 4

PREPTIME: 10 MIN

COOKING TIME: 10 MIN

Ingredients

- 200 g orzo
- 14 cherry tomatoes we used a selection pack with 4 different types
- 1/2 red onion
- 1/4 red pepper
- 1/4 green pepper
- 1 tbsp fresh parsley
- 1 tsp turmeric
- 1 tbsp red wine vinegar
- 1/2 tbsp lemon juice
- 1 tbsp pickled vegetable juice the pickling liquid from a jar of pickles
- 1/2 tsp dried oregano
- sea salt
- freshly ground black pepper
- 1 tbsp water

Directions

- Place the orzo in a decent sized pan, then add the turmeric. Cover with plenty of boiling, salted water, stir and bring to the boil. Turn the heat down and simmer until cooked.
- Cook the orzo, according to the pack instructions usually around 8 to 10 minutes.
- Meanwhile make the dressing by mixing the red wine vinegar, oregano, lemon juice, pickled veg juice, water and seasoning together well. Set aside.
- Finely chop the onion, peppers, parsley and cut the tomatoes in half.
- Remove the orzo from the heat, then plunge it into cold water to cool it down and stop it from overcooking and clumping together. Drain it well.
- Tip all of the ingredients into a large bowl, check the seasoning and add some more salt and pepper if necessary. Mix well and serve sprinkled with some more chopped fresh parsley.