



Red Cabbage Rice Pilaf with Orzo



Check out this easy orzo with red cabbage and rice. This simple but filling one-pot is an impressive midweek meal ready in half an hour.

This would also make the perfect accompaniment to any barbecue on a hot summer day.



Step 1

In a large pot, heat oil over medium heat, add orzo, and brown until golden. Remove and set aside.

Ingredients

- ¼ cup olive oil
- 1 cup orzo
- 1 onion diced
- 1 red capsicum cut into 2-3 cm chunks
- ¼ red cabbage shredded (4 cups)
- ¼ white cabbage shredded (4 cups)
- 1 cup of peas
- 1 cup basmati or long-grain white rice
- 1 teaspoon white pepper
- Salt to season
- 2 ½ cups of water
- ½ cup coriander chopped



Step 2

In the same pot add chopped onions and sauté until translucent. Add capsicum and cabbage and continue to cook until vegetables soften. Add the peas and combine



Step 3

Add the orzo, rice, and water and bring to a boil. Cover, and lower the heat to low. Simmer for about 20 to 25 minutes or until all water is absorbed and rice is cooked through.

Stir through the fresh coriander.

Cook's Notes

*Peas can be optional

*You can also substitute coriander with parsley

Serves

Serves 8-10 people



As We Say In Arabic, Sahlan – Enjoy In Good Health



ROUBA SHAHIN

MY JOURNEY WITH FOOD