

Beetroot Orzotto With Soured Cream, Pine Nuts & Dill



Ingredients

- 200g orzo
- 500ml vegetable stock
- 1 tablespoon olive oil

- 300g fresh beetroot, peeled and grated
- A handful of beetroot stems, finely chopped
- 50g pine nuts
- 150g soured cream or creme fraiche
- 1 tablespoon extra virgin olive oil
- 1 lemon, juice only
- 1 teaspoon sea salt flakes
- A handful of fresh dill, finely chopped
- Freshly ground black pepper

Method

1. Preheat the oven to 180C fan/200C/gas 6.
2. Tip the orzo, vegetable stock and oil into a medium-sized roasting tin, then top evenly with the grated beetroot and chopped stems.
3. Scatter over the pine nuts, then transfer to the oven and cook for 20 minutes.
4. After 20 minutes, the orzo should be cooked through but still al dente. If it's not cooked to your liking, return it to the oven for a further 5 minutes.
5. Stir through all but a couple of tablespoons of the soured cream or crème fraiche, the extra virgin olive oil and lemon juice, then taste and add the salt as needed (I add quite a bit because I feel the beetroot can take it, but you may prefer less).
6. Serve with the remaining soured cream or crème fraiche, a scattering of dill and freshly ground black pepper.

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