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Orzo & Broccoli Pesto Salad ♦♦

Orzo & Broccoli Pesto Salad is a delicious vegetarian dish that combines orzo pasta, fresh broccoli, and homemade pesto sauce. It is a perfect summer salad that can be enjoyed as a main course or as a side dish. The dish is easy to prepare and packed with flavors.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	orzo pasta
250 g	broccoli florets
50 g	basil leaves
50 g	Parmesan Cheese
30 g	Pine Nuts

2 pieces	garlic cloves
60 ml	Olive oil
30 ml	Lemon juice
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Boiling

Cook the orzo pasta according to package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Blanching

Blanch the broccoli florets in boiling water for 2 minutes. Drain and rinse with cold water to stop the cooking process.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blending

In a food processor, combine basil leaves, Parmesan cheese, pine nuts, garlic cloves, olive oil, lemon juice, salt, and black pepper. Process until smooth to make the pesto sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a large mixing bowl, combine the cooked orzo pasta, blanched broccoli florets, and pesto sauce. Toss well to coat everything evenly.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Refrigerating

Refrigerate the salad for at least 1 hour before serving to allow the flavors to meld.

Prep Time: 0 mins

Cook Time: 60 mins

Step 6

Serving

Serve the Orzo & Broccoli Pesto Salad chilled as a main course or as a side dish.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 45 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	45 g	81.82%	90%
Fibers	5 g	13.16%	20%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring Summer Fall

Cuisines

Italian

Course

Salads Snacks Sauces & Dressings

Cooking Method

Frying Boiling Steaming Microwaving Sautéing Roasting Smoking
Blending Grinding Freezing Pickling Simmering Cut

Meal Type

Lunch Supper

Difficulty Level

Medium

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