

# Orzo with basil pesto salad

(Serves 1)

## Ingredients

- 30g Edamame beans (75g if in pods)
- 40g (raw weight) Pasta, Orzo
- 1 tbsp Pesto, green (Reduced fat)
- 20g Mixed salad leaves
- Few leaves Basil, fresh
- 1/2 Pepper, any colour, deseeded & chopped
- 60g Tomatoes, cherry, halved
- 30g Cheese, Greek salad lighter (Tesco)
- 1 inch piece Cucumber, sliced & quartered
- 30g Pomegranate seeds

## Preparation

1. Cook edamame beans according to packet instructions. Drain & leave to cool slightly.
2. When beans are finger hot, squeeze from their pods & set aside to cool.
3. Cook orzo pasta according to packet instructions. Drain & leave to cool.
4. Stir pesto into orzo pasta.
5. Put mixed salad leaves in a serving dish.
6. Scatter basil leaves, pepper, cherry tomatoes, edamame beans, cheese, cucumber, orzo pasta & pomegranate seeds.
7. Serve.
- 8.

**TOP TIP:** You can buy edamame beans ready cooked at some stores which does make it quicker but more expensive. As an alternative, you can use frozen soya beans. (Edamame beans are just small soya beans).

## NUTRITIONAL VALUES

### PER SERVING

Calories 339

Total Sugars 10.09g

Total Fats 9.4g

Saturated Fats 2.9g

Salt 0.93g

Fruit & Veg 3