

# High-Protein Marry Me Orzo

This creamy high-protein orzo dish with sun-dried tomatoes and butter beans serves up a nutritious meal for two, packed with flavor and protein.

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## PREP TIME

10 minutes

## COOK TIME

25 minutes

## TOTAL TIME

35 minutes

**Servings** 2

**Course** Main Course

**Cuisine** Mediterranean-Inspired

**Keyword** butter beans, cashews, creamy orzo, Easy Dinner, High Protein, nutritional yeast, onions, Orzo, plant-based, red bell pepper, soy milk, spinach, tomato

## Ingredients

- 5 ml olive oil optional replace by 1 tbsp water to water fry)
- 1 yellow onions finely diced
- 1 red bell pepper finely chopped
- 30 g sun-dried tomatoes chopped
- 2 garlic cloves minced
- 16 g tomato paste
- 1 g red chili flakes
- 1 g mixed herbs see notes
- 2 g smoked paprika
- 120 g dry orzo
- 375 g cooked butter beans
- 355 ml vegetable stock (low sodium) or water
- 16 g cashews
- 300 ml soy milk
- 15 g nutritional yeast
- 60 g baby spinach roughly chopped
- 23 ml lemon juice
- 6 g fresh basil
- Salt and pepper to taste to taste

## Instructions

1. To a pan on medium heat, add the olive oil and onions, cook for a couple of minutes.

2. Add the red bell pepper and sun-dried tomatoes and cook for another 5 minutes, stirring regularly.
3. Add the garlic, tomato paste, chili flakes, mixed herbs, smoked paprika, and a pinch of salt. Stir, and cook for 2 minutes.
4. In the meantime, blend the cashews, soy milk, and nutritional yeast. Add to the pan along with the orzo, butter beans, and vegetable stock. Let it simmer covered, for 12 minutes (or according to the orzo packet instructions), stirring regularly. Add extra broth if needed. Taste to ensure the orzo is thoroughly cooked.
5. Add the spinach and lemon juice, cook until the spinach is just wilted.
6. Adjust salt and pepper to taste. Top with fresh basil, and enjoy!

*High-Protein Marry Me Orzo <https://plantbaes.com/high-protein-marry-me-orzo/>*