zucchini orzo and mint salad
Please note we used risoni instead of orzo just remember to boil the risoni first according to instructions on the packet.

400g orzo (riso\(\text{ni}\))
½ cup of extra virgin olive oil
3 green and yellow zucchini or broccoli
12 sweet corn cobs (corn removed)
1 clove of garlic
1 ½ teaspoon fennel seeds or cumin seeds
50g currants covered with boiling water for 5 minutes then drained
1 cup finely chopped mint
1 ½ tablespoons white balsamic vinegar

1. Cook orzo in boiling salted water for 10 minutes until al dente then drain into a colander in the sink, refresh with cold water then drain again.

2. Meanwhile heat 1 tablespoons of olive oil in a large frypan, add half the zucchini and ½ teaspoon of sea salt and toss over high heat for 3 minutes, add corn and cook a further minute.

3. Transfer vegetables to a bowl then repeat with another tablespoon of oil and zucchini, add sea salt fennel seeds, garlic and corn just before zucchini is finished cooking.

4. Combine orzo, zucchini, corn, 1/4 cup olive oil and remaining ingredients in a bowl season to taste with freshly ground black pepper.