

## 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

½ cup of extra virgin olive oil

3 green and yellow zucchini

2 sweet corn cobs (corn removed)

1 clove of garlic

1 ½ teaspoon fennel seeds *1or 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 a la 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, ¼ cup olive oil and remaining ingredients in a bowl season to taste with freshly ground black pepper