



Zucchini orzo and mint salad.

Ingredients

- 400g orzo
- 3 green zucchini
- 2 sweetcorn cobs
- 1 clove of garlic
- 2 tablespoons of pumpkin seeds
- 50 grams of currants or raisins covered with boiling water for 5 minutes then drained.
- 1 cup of chopped mint
- 2 teaspoons of white wine or apple cider vinegar
- 1 lemon rind and juice
- 1/4 cup of olive oil
- 2 teaspoons of honey

Method

- Place a large pot of water on to boil.
- When boiling carefully add your orzo.
- Boil for 15 minutes or until a la dente, have an adult drain the orzo into a colander in the sink. Refresh with cold water then drain again.
- Meanwhile grate your zucchini , and chop your mint.
- Then shred your corn using our safe method.
- Place your dried fruit in a small bowl and cover with boiling water
- In a small saucepan quickly blanch your corn then remove into a colander in the sink , and run cold water over.
- Combine oil, lemon juice, vinegar , honey and garlic into a small jar. Shake until we'll mixed.
- Find a large bowl place orzo,vegetables,seeds, mix together then pour over dressing and serve onto 2 platters.