
Vegan Mushroom Leek Orzo

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

- 1/2 Tablespoon Coconut oil
- 1 1/2 cups leeks finely chopped
- 1/2 teaspoon salt
- 2 garlic cloves, minced
- 1/2 tablespoon dried thyme
- 1/4 teaspoon black pepper
- 1 large portobello, thickly sliced
- 5 medium mushrooms, halved or quartered depending on size
- 1 cup orzo pasta
- 1 1/2 cups vegetable stock (hot)
- 1/2 cup light coconut milk
- 2 cups (50g) fresh spinach (torn if large, keep as is if baby)
- 1/2 tablespoon lemon juice

Instructions:

1. In a large saucepan, heat the oil on medium heat, then add the leeks with the salt and sauté for 5-7 minutes until soft and caramelized.
 2. Add the garlic, thyme, black pepper and mushrooms and sautéed for a few minutes.
 3. Pour in the stock and milk and let warm up to a simmer, then add the orzo and stir in. Let cook for 5-7
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minutes until the orzo is cooked to al dente, stirring a few times.

4. Finally add the spinach and lemon juice and stir until the spinach is wilted.
5. Serve in a bowls with some chopped parsley and shaved parmesan if you're not dairy-free.