

Ingredients

- 4 cloves of garlic, minced
 - 2 shallot, minced (120g)
 - 300 g any type of mushrooms, roughly chopped
 - 200 g orzo
 - 1 L vegetable stock
 - 2 tbsp nutritional yeast
 - 4 tbsp unsweetened soy cream
 - 7-8 sprigs thyme
 - Salt and pepper
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- To serve (optional):
 - Chopped parsley



Creamy Garlic Mushroom Orzo

Directions

1. Heat the olive oil in a large pan. Add the minced shallots and then the garlic, and cook until softened and fragrant. Add thyme leaves to the pan. Then add the mushrooms and cook for 8-10 minutes until the mushrooms are softened.
2. Add orzo to the pan and stir well. Pour the vegetable stock gradually into the pan. Add salt and pepper.
3. Bring to a simmer and cook for 10-15 minutes or until the orzo is al dente and the stock has been reduced.
4. Pour the soy cream into the pan, and mix them well. Cook for about 2 minutes. Then, turn off the heat.
5. Serve with chopped parsley. Enjoy! Serves 4.