



RECIPES THAT DELIVER

LEMON ORZO PASTA SALAD

WITH BABY SPINACH

A fresh, vibrant and flavourful Greek-inspired pasta salad with spinach, cherry tomatoes, Kalamata olives and feta. Light, healthy and perfect for any occasion!

Fresh
Simple
Delicious!



SERVINGS
4



PREP TIME
15 MIN



COOK TIME
10 MIN



CHILL TIME
30 MIN



SKILL LEVEL
EASY

INGREDIENTS

Orzo pasta (uncooked)	1/2 cup
Baby spinach, chopped	1 cup
Olive oil	2 tbsp
Lemon, juiced and zested	1
Feta cheese, crumbled	1/4 cup
Red onion, finely diced	1/4 cup
Kalamata olives, sliced	1/4 cup
Cherry tomatoes, halved	1/4 cup
Salt	1/4 tsp
Black pepper	1/4 tsp
Dried oregano	1/4 tsp



STEP-BY-STEP

1



Cook the orzo pasta according to package instructions. Drain and rinse under cold water to cool.

2



In a large mixing bowl, combine the cooled orzo, baby spinach, red onion, Kalamata olives, and cherry tomatoes.

3



In a small bowl, whisk together the olive oil, lemon juice, lemon zest, salt, black pepper, and dried oregano.

4



Pour the dressing over the orzo mixture and toss gently to combine.

5



Sprinkle the crumbled feta cheese on top and gently mix again.

6



Refrigerate for at least 30 minutes before serving to allow flavours to meld.

7



Serve chilled and enjoy!

CHEF'S TIPS



- Use good quality olive oil and fresh lemon for the best flavour.
- Do not overcook the orzo — keep it al dente.
- Let the salad chill for at least 30 minutes to enhance the flavours.
- Feel free to add grilled chicken, shrimp or chickpeas for extra protein.
- This salad keeps well in the refrigerator for up to 3 days.
- Adjust salt, pepper and oregano to taste.

SERVING SUGGESTION



Serve as a side dish with grilled meats, souvlaki or seafood. Also great for meal prep!

"Good Food
Brings People
Together"



FRESH
INGREDIENTS



MEDITERRANEAN
FLAVOURS



MADE WITH
PASSION

COOK • CREATE • ENJOY

