

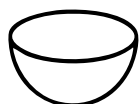
**BACK TO
BETTER**

B-well™

MEAL PREP



APPROVED AS PART OF
THE HEART FOUNDATION'S
FOUNDRATION FARM PLAN



Prep time:
10 min



Cook time:
15 min



Servings:
4-6 people

BASIL PESTO PASTA

Method

Add the cooked and cooled orzo to a large mixing bowl.

Add the cucumber, tomatoes, chickpeas, red onion, bell pepper and feta cheese. Gently toss to combine.

In a separate bowl or jug, whisk together the B-Well Extra Virgin Olive Oil, basil pesto, lemon juice, Italian seasoning, salt and black pepper until well blended.

Pour the dressing over the orzo mixture and toss until everything is evenly coated.

Taste and adjust seasoning if needed and serve.

Ingredients

2 cups cooked orzo

1½ cups chopped cucumber

1 cup halved tomatoes

2½ cups chickpeas

½ cup chopped onion

1 cup bell pepper

½ cup feta cheese

4 tbsp B-Well Extra Virgin Olive Oil

¼ cup basil pesto

3 tbsp lemon juice

1 tsp Italian seasoning

1 tsp black pepper

Salt to taste