

Spinach Mushroom Orzo: A Creamy, Flavorful One-Pan Meal

simple, flavorful, and comforting dish



TIME
30 min

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INGREDIENTS

- 1 cup orzo pasta
- 2 tablespoons butter (or olive oil)
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 ½ cups mushrooms, sliced (white button or cremini)
- 2 cups baby spinach, chopped
- 2 cups vegetable or chicken broth
- ¾ cup heavy cream (or half-and-half for a lighter option)
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ... teaspoon red pepper flakes (optional, for a little heat)
- ¾ cup grated Parmesan cheese
- 1 tablespoon fresh parsley (for garnish)

How to Make Spinach Mushroom Orzo:

1. Sauté the Aromatics:

In a large skillet over medium heat, melt the butter (or heat the olive oil).

Add the onion and garlic, cooking until softened (about 2-3 minutes).

2. Cook the Mushrooms:

Add the sliced mushrooms and cook for 4-5 minutes, stirring occasionally, until they become tender and slightly golden.

3. Toast the Orzo:

Stir in the orzo pasta and cook for 1-2 minutes, allowing it to lightly toast for extra flavor.

4. Add the Broth and Simmer:

Pour in the broth, season with salt, pepper, and red pepper flakes, and bring to a gentle simmer.

Cover and cook for 10 minutes, stirring occasionally, until the orzo absorbs most of the liquid.

5. Stir in Spinach and Cream:

Once the orzo is tender, stir in the chopped spinach and heavy cream, letting it cook for 2 minutes until the spinach wilts.

6. Finish with Parmesan:

Remove from heat and stir in grated Parmesan cheese until melted and creamy.

7. Serve and Enjoy:

Garnish with fresh parsley and serve warm as a main dish or side.

My Best Tips for Perfect Orzo:

Toast the orzo - This adds a nutty depth of flavor.

Use fresh spinach - It wilts beautifully and enhances the dish's texture.

Want extra creaminess? - Add a bit more Parmesan or an extra splash of cream.

Make it a full meal - Add grilled chicken, shrimp, or roasted chickpeas for protein.

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14. What to Serve with Spinach Mushroom Orzo: This dish pairs beautifully with:
15. Grilled chicken or steak - A hearty protein complement.
16. Salmon or shrimp - Light seafood flavors balance the creamy pasta.
17. Roasted vegetables - Try asparagus, zucchini, or Brussels sprouts.
18. A crisp white wine - Sauvignon Blanc or Chardonnay works perfectly.
19. FAQs: Can I make this ahead of time?Yes! Store in an airtight container in the fridge for up to 3 days. Reheat with a splash of broth or cream.
20. Can I make this dairy-free?Absolutely! Substitute coconut milk or a plant-based cream and use nutritional yeast instead of Parmesan.
21. Can I use a different pasta?Yes! You can swap orzo for couscous, rice, or even quinoa for a different texture.
22. This : Spinach Mushroom Orzo is creamy, flavorful, and incredibly easy to make, making it the perfect weeknight dinner or side dish. Whether you enjoy it on its own or alongside your favorite protein, it's sure to become a staple in your kitchen.
23. Give it a try and let me know how it turns out!

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