



# Super Green Pesto Orzo Salad with Courgette, Peas, Lemon and Cheese

Six Nations 20-25 Minutes • Mild Spice • 2 of your 5 a day

18



Orzo



Garlic Clove



Courgette



Lemon



Peas



Mixed Herbs



Pesto



Grated Hard Italian Style Cheese



Wild Rocket



Chilli Flakes



Diced British Chicken Breast



King Prawns

#### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in **red** are hot!

## Cooking tools

Kettle, saucepan, garlic press, fine grater, frying pan, sieve and bowl.

## Ingredients

Ingredients	2P	3P	4P
Orzo <b>13</b> )	180g	270g	360g
Garlic Clove**	2	3	4
Courgette**	1	2	2
Lemon**	1	1½	2
Peas**	120g	180g	240g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Pesto <b>7</b> )	64g	96g	128g
Grated Hard Italian Style Cheese** <b>7</b> ) <b>8</b> )	20g	40g	40g
Wild Rocket**	20g	40g	40g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Diced British Chicken Breast**	240g	390g	520g
King Prawns** <b>5</b> )	150g	225g	300g
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsps	1 ½ tbsps	2 tbsps

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per 100g		Diced British Chicken Breast		King Prawns	
	Per serving	Per 100g	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	377g	100g	497g	100g	452g	100g
Energy (kJ/kcal)	2594 /620	689 /165	3191 /763	643 /154	2760 /660	611 /146
Fat (g)	23.3	6.2	25.5	5.1	23.7	5.3
Sat. Fat (g)	5.2	1.4	5.8	1.2	5.4	1.2
Carbohydrate (g)	80.2	21.3	80.3	16.2	80.2	17.8
Sugars (g)	12.8	3.4	12.9	2.6	12.8	2.8
Protein (g)	22.4	5.9	51.4	10.3	31.3	6.9
Salt (g)	1.38	0.37	1.50	0.30	2.39	0.53

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**5**) Crustaceans **7**) Milk **8**) Egg **13**) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

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## Boil the Orzo

- Boil a half-full kettle.
- Pour the **boiled water** into a large saucepan with **½ tsp salt** on high heat.
- When boiling, add the **orzo** to the **water** and bring back to the boil.
- Cook until tender, 10 mins.



## Add the Flavour

- Once the **orzo** is cooked, drain in a sieve and run under **cold water**. Drizzle with **oil** and stir through to stop it sticking together.
- In a large bowl, combine the **pesto**, a pinch of **lemon zest**, **sugar**, **olive oil for the dressing** (see pantry for both amounts), **half the lemon juice** and **half the hard Italian style cheese**.

### CUSTOM RECIPE

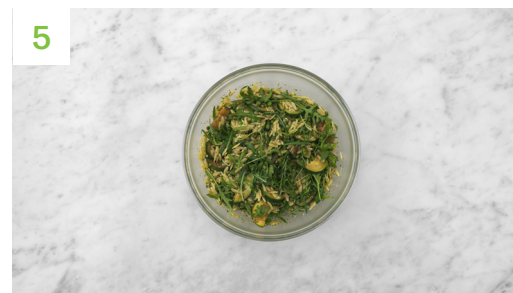
**+ DICED BRITISH CHICKEN BREAST**  
Add the **chicken** to the pan with the **courgette** on medium-high heat instead. Fry, 8-10 mins. **IMPORTANT: Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.**

**+ KING PRAWNS**  
Drain the **prawns**, then add them to the pan with the **courgette**. Fry, 4-5 mins. **IMPORTANT: Wash hands and utensils after handling raw prawns. Cook so they're opaque in the middle.**



## Prep Time

- While the **orzo** cooks, peel and grate the **garlic** (or use a garlic press).
- Trim the **courgette**, then halve lengthways. Slice widthways into 1cm thick pieces.
- Zest and cut the **lemon** into wedges.



## All Together Now

- When everything's ready, add the **cooked veg**, **orzo** and **rocket** to the **pesto dressing**. Toss to combine.
- Taste and season with **salt**, **pepper** and more **lemon juice** if you feel it needs it.



## Char the Courgette

- Heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins.
- Once cooked, lower the heat to medium-high, add the **peas** and stir-fry, 2-3 mins.
- Add the **garlic** and **mixed herbs** and fry until fragrant, 30 secs more. Remove from the heat, season and add a pinch of **lemon zest**. Set aside for later.

**Custom Recipe:** If you've chosen to add **diced chicken** or **prawns**, follow the instructions at the bottom of the page.



## Serve Up

- Share the **pesto orzo salad** between your serving bowls.
- Scatter over the remaining **cheese**.
- Finish with a sprinkling of **chilli flakes** (add less if you'd prefer things milder).

## Enjoy!