



# BORSCHT-INSPIRED ORZOTTO

with Beetroot, Dill and Rocket Salad



## HELLO ORZO

Although it may look like rice, orzo is actually tiny pasta!



Vegetable Stock Powder



Onion



Beetroot



Thyme



Garlic Clove



Dill



Walnuts



Lemon



Cider & Horseradish Wholegrain Mustard



Orzo



Italian Style Grated Hard Cheese



Rocket



Soured Cream

MEAL BAG

45 mins

1.5 of your 5 a day

Little heat

Veggie

As the name suggests, this wonderfully vibrant dish is inspired by Borscht, a Ukrainian beetroot soup that is famous for its distinctive red colouring. The beetroot gives a sweet and earthy flavour to the Orzotto, which is a twist on the Italian classic of Risotto made with velvety orzo pasta instead of rice. Paired with our mustard and dill blend and topped with the rocket in a walnut dressing, this is a winning combination of wholesome flavours. Serve with a good dollop of soured cream and chopped dill.

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## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Saucepans**, a **Measuring Jug**, **Coarse Grater**, **Fine Grater**, **Baking Tray** and **Ladle**. Now, let's get cooking!



### 1 GET PREPPED

Preheat your oven to 170°C. Bring a large saucepan of **water** (see ingredients for amount) to the boil and stir in the **stock powder**. Remove the pan of **stock** from the heat - we will use it later. Halve, peel and chop the **onion** into small pieces. Trim, peel and grate the **beetroot** on the coarse side of your grater. **TIP:** Wear gloves to avoid staining your hands! Pick the **thyme leaves** from their stalks and roughly chop (discard the stalks).



### 2 START THE ORZOTTO

Heat a drizzle of **oil** in another large saucepan over medium heat. **TIP:** Add a good knob of **butter** if you have some! Stir the **onion**, **beetroot** and **thyme** into the pan and season with **salt** and **pepper**. Cook until the **onion** and **beetroot** are soft, stirring occasionally, 10 mins. Meanwhile, peel and grate the **garlic** (or use a garlic press). Chop the **dill** (stalks and all). Return the **stock** to low heat and make the **salad dressing**.



### 3 MAKE THE DRESSING

Put the **walnuts** on a baking tray and pop onto the middle shelf of your oven to toast, until lightly coloured, 8 - 9 mins. Meanwhile, zest the **lemon** and cut in half. In a large bowl combine the **lemon zest**, **half** of the **lemon juice**, the **olive oil** (see ingredients for amount), **mustard**, a pinch of **sugar** (optional) and **salt** and **pepper** to taste. When ready, remove the **walnuts** from the oven, roughly chop and add to the bowl.



### 4 MAYBE ADD SOME WINE?

When the **onion** and **beetroot** are soft, add the **garlic**, stir and cook for one minute. Increase the heat slightly, then add the **orzo** to pan. Stir until evenly coated. If you have some **white wine** in your kitchen, add a splash now. **TIP:** Let the alcohol in the wine bubble off for a few minutes to mellow the flavour. If you don't have any **wine** don't worry, just move right on to step 5. The **risotto** will still taste delicious!



### 5 COOK THE ORZOTTO

Add a ladleful of the **stock** to the **orzo** and stir it in gently. Once the **liquid** is almost fully absorbed, add another ladleful, continue stirring. Keep adding the **stock**, stirring all the time, until the **orzo** is 'al dente' - cooked but with a tiny bit of firmness left in the middle, 10-15 mins. **TIP:** If you've added all the stock but the orzo isn't quite ready, just add a splash of water and continue cooking.



### 6 FINISH AND SERVE

Once the **orzotto** is cooked, finish by mixing in the **Italian style grated hard cheese** and a squeeze of **lemon juice**. Season with **salt** and **pepper** to taste. Add the **rocket** to the bowl with the **walnut dressing** in. Toss together to coat the leaves. Divide the **risotto** between plates and top with a good dollop of **soured cream** and the **chopped dill**. Top with the **rocket salad**. **Wow!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	750 ml	1ltr	1.5ltr
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Onion *	1	1½	2
Beetroot *	2	3	4
Thyme *	1 sprig	2 sprigs	2 sprigs
Garlic Clove *	1	2	2
Dill *	1 bunch	1 bunch	1 bunch
Walnuts 2)	1 bag	1½ bags	1 bags
Lemon *	1	1½	2
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Cider & Horseradish			
Wholegrain Mustard 9) 14)	¼ pot	½ pot	1 pot
Orzo 13)	180g	240g	360g
Italian Style Grated Hard Cheese 7) 8) *	1 pack	2 packs	2 packs
Rocket *	1 bag	1 bag	1 bag
Soured Cream 7) *	1 pouch	1 pouch	2 pouches

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 564G	PER 100G
Energy (kJ/kcal)	3489 / 834	618 / 148
Fat (g)	38	7
Sat. Fat (g)	15	3
Carbohydrate (g)	94	17
Sugars (g)	24	4
Protein (g)	26	5
Salt (g)	1.78	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

2) Nut 7) Milk 8) Egg 9) Mustard 10) Celery 13) Gluten 14) Sulphites

**Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.**

### THUMBS UP OR THUMBS DOWN?

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