



Cheesy Orzotto

with Tomato Salsa, Feta and Tenderstem

Classic 30 Minutes • 1 of your 5 a day

20



Onion



Garlic Clove



Tenderstem Broccoli



Baby Plum Tomatoes



Cider Vinegar



Honey



Feta Cheese



Sun-Dried Tomato Paste



Orzo



Vegetable Stock Powder



Grated Hard Italian Style Cheese

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Kettle, Cutting Board, Knife, Garlic Press, Baking Tray, Bowl, Measuring Jug and Saucepan.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1	2	2
Tenderstem Broccoli**	1 pack	1 pack	2 packs
Baby Plum Tomatoes	1 punnet	1 punnet	1 punnet
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
Honey	1 sachet	1 sachet	2 sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Feta Cheese 7) **	1 block	1½ block	2 blocks
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Orzo 13)	180g	240g	360g
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Boiling Water*	450ml	675ml	900ml
Grated Hard Italian Style Cheese 7) 8) **	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	406g	100g
Energy (kJ/kcal)	2957 /707	728 /174
Fat (g)	25	6
Sat. Fat (g)	13	3
Carbohydrate (g)	88	22
Sugars (g)	19	5
Protein (g)	29	7
Salt (g)	2.41	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 10) Celery 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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Get Prepped

Preheat your oven to 180°C. Fill and boil your kettle. Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Pop the **tenderstem** on a baking tray. Drizzle with **oil** and season with **salt and pepper**, then set aside.



Simmer

Bring to a simmer, stirring to combine, then reduce the heat to medium-low and continue to simmer until the **orzo** is cooked and the **liquid** absorbed, 10-12 mins. Stir every couple of mins to ensure the **orzo** is not sticking to the bottom of the pan. If the **mixture** is looking a bit dry and the **orzo** is not quite cooked, just add a splash of **water** and keep cooking.



Make the Salsa

Halve the **tomatoes**. Pop the **cider vinegar, honey** and **olive oil** (see ingredients for amount) into a medium sized bowl. Season with **salt and pepper** and mix together. Add the **tomatoes**, mix and set aside. Crumble the **feta** into small pieces.



Finish Off

Meanwhile, roast the **broccoli** on the top shelf of your oven until tender, 10-12 mins. Once the **orzo** is cooked, remove from the heat. Stir in the **hard Italian style cheese** until melted. Taste and add **salt and pepper** if you feel it needs it.



Start the Orzotto

Heat a drizzle of **oil** in a saucepan on medium-high heat. Add the **onion** and cook, stirring frequently until softened, 3-4 mins, then add the **garlic** and sun-dried **tomato paste**. Stir continuously and cook for 1 minute. Stir the **orzo** and **veg stock powder** into the pan followed by the **boiling water** (see ingredients for amount).



Serve

Serve the **orzo** in bowls with the **roasted broccoli** on one side and the **tomato salsa** on the other, sprinkle with the **crumbled feta**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.