



Chicken & Mushroom Orzotto



HELLO ORZO

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



Chicken Stock Powder



Echalion Shallot



Chestnut Mushrooms



Garlic Clove



Chives



Diced Chicken Thigh



Dried Thyme



Orzo



Mature Cheddar Cheese



Lemon



Rocket

MEAL BAG

35 mins

of your
5 a day

2

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug**, two **Large Saucepans** and a **Fine Grater** (or **Garlic Press**). Now, let's get cooking!



1 MAKE THE STOCK

Pour the **water** (see ingredients for amount) into a large saucepan, bring to the boil, then stir in the **stock powder**. When the water is boiling and the **stock powder** has dissolved, reduce the heat to low so the **stock** keeps hot.



2 PREP THE VEGGIES

In the meantime, halve, peel and thinly slice the **shallot** into half moons. Roughly chop the **chestnut mushrooms**. Peel and grate the **garlic** (or use a garlic press). Finely chop the **chives** (or snip with scissors if you have some).



3 START THE ORZOTTO

Heat a drizzle of **oil** in another large saucepan over medium heat. When hot, add the **chicken** and cook until nicely browned all over, stirring frequently, 5 mins. Add the **shallot**, **mushrooms** and **dried thyme**. Stir and cook for another 5 mins. **★ TIP:** If you have a spare glass of white wine, add it now and allow it to bubble away.



4 ADD THE STOCK

Stir in the **garlic** and **orzo**. Cook for 1 minute more, then add a **third** of the hot **stock**. Bring to the boil and give it a good stir. Lower the heat until the **orzotto** is gently bubbling away, then pour in the remaining **stock**.



5 SIMMER THE ORZOTTO

Simmer the **orzotto** for 10-12 mins, stirring every now and then to make sure it is not catching on the bottom of the pan. **★ TIP:** The orzotto is ready when the stock has been absorbed and the grains have a little bite to them. **❗ IMPORTANT:** The chicken is cooked when it is no longer pink in the middle.



6 FINISH AND SERVE

Remove the **orzotto** from the heat when it is ready and stir in the **chives**, **cheese** and a little squeeze of **lemon juice**. Taste and add **salt**, **pepper** or more **lemon juice** as required. Dress the **rocket** with a squeeze of **lemon juice** and a glug of **oil**. Spoon the **orzotto** into deep bowls and serve with the **rocket** on top. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	400ml	600ml	800ml
Chicken Stock Powder	½ sachet	1 sachet	1 sachet
Echalion Shallot	1	2	2
Chestnut Mushrooms*	1 small punnet	1 large punnet	2 small punnets
Garlic Clove	1	2	2
Chives*	1 bunch	1 bunch	1 bunch
Diced Chicken Thigh*	140g	210g	280g
Dried Thyme*	½ pot	¾ pot	1 pot
Orzo 13)	180g	240g	360g
Mature Cheddar Cheese 7)*	2 blocks	3 blocks	3 blocks
Lemon*	½	1	1
Rocket*	1 bag	1 bag	2 bags

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 352G	PER 100G
Energy (kcal)	607	173
(kJ)	2538	722
Fat (g)	18	5
Sat. Fat (g)	8	2
Carbohydrate (g)	71	20
Sugars (g)	6	2
Protein (g)	39	11
Salt (g)	1.02	0.29

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 13) Gluten

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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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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