















Creamy Lemony Asparagus and Spinach Orzotto with Mint

N° 21

RAPID 20 Minutes • 2.5 of your 5 a day • Veggie



-  Asparagus
-  Leek
-  Mint
-  Garlic Clove
-  Lemon
-  Orzo Pasta
-  Butter
-  Vegetable Stock Powder
-  Baby Spinach
-  Crème Fraîche
-  Grated Hard Italian Cheese
-  Walnuts

Before you start

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

Basic cooking tools you will need:

Two Large Saucepans, Fine Grater and Measuring Jug.

Ingredients

	2P	3P	4P
Asparagus**	100g	150g	200g
Leek**	1	1½	2
Mint**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1 clove	2 cloves	2 cloves
Lemon**	1	1	1
Orzo Pasta (13)	180g	240g	360g
Butter 7)**	30g	45g	60g
Water for the Sauce*	125ml	250ml	275ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Baby Spinach**	1 small bag	1 small bag	1 large bag
Crème Fraîche 7)**	75g	100g	150g
Grated Hard Italian Style Cheese 7)	1 pack	1½ packs	2 packs
Walnuts 2)	1 small bag	1 large bag	1 large bag

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	438g	100g
Energy (kJ/kcal)	3098 /741	707 /169
Fat (g)	38	9
Sat. Fat (g)	18	4
Carbohydrate (g)	80	18
Sugars (g)	11	2
Protein (g)	25	6
Salt (g)	1.41	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 8) Egg 10) Celery 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!

Packed in the UK



1. Get Started

a) Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the orzo.

b) Trim the **asparagus** and chop into thirds widthways.

c) Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice.

d) Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon**.



4. Add the Orzo!

a) When the **orzo** and **asparagus** are done, allow it to drain really well.

b) Add the **orzo** and **asparagus** to the leek pan, stir it through then add the **spinach**. Keep stirring until the **spinach** has wilted, 1-2 mins.



2. Cook the Orzo

a) Once the pan of **water** is boiling, add the **orzo**, reduce the heat to medium and cook until just tender, 10-12 mins.

b) Add the **asparagus** for the final 3 mins of cooking.



5. Make it Creamy!

a) Now stir in the **creme fraiche**, **hard Italian style cheese**, remaining **butter**, **lemon zest** and a squeeze of **lemon juice**- keep stirring! **TIP: The more you stir, the creamier the orzo will become!**

b) Cook for another 2 mins then remove the pan from the heat. **TIP: Stir in a splash more hot water if it seems a bit dry - you are looking for the consistency of risotto!**

c) Stir the **chopped mint** through the **orzo**. Taste and season with **salt** and **pepper** and add more **lemon juice** if you like.



3. Cook the Leeks

a) Meanwhile, heat a drizzle of **oil** and **half** the **butter** in a large saucepan on medium heat.

b) Once hot, add the **sliced leek** and cook, stirring, until soft, 4-5 mins.

c) Add the **garlic** and cook, stirring, for 1 min. Add the **water** (see ingredients for amounts) and **vegetable stock powder**.

d) Stir to dissolve the **stock**, lower the heat and simmer until reduced by half, 2 mins.



6. Serve!

a) Divide the **orzotto** between bowls and top with the **walnuts**.

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.