

Creamy Lemony Asparagus and Spinach Orzotto with Mint



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





Asparagus















Vegetable Stock Powder



Baby Spinach



Crème Fraîche



Grated Hard Italian Cheese



Before you start

Our fruit, veggies and herbs need a wash before vou 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) 8)**	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

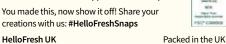
2) Nut 7) Milk 8) Egg 10) Celery 13) Gluten

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.

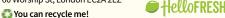
Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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The Fresh Farm 60 Worship St, London EC2A 2EZ





- thirds widthways.
- 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.





5. Make it Creamy!

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.



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.



- 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.



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.