



Creamy Lemony Orzotto with Asparagus, Spinach and Tarragon

Rapid 20 Minutes • 2 of your 5 a day • Veggie

N° 22



Asparagus



Leek



Tarragon



Garlic Clove



Lemon



Orzo Pasta



Vegetable Stock
Paste



Baby Spinach



Creme Fraiche



Grated Hard Italian
Style Cheese



Walnuts

Before you start

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

Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Garlic Press and Bowls.

Ingredients

	2P	3P	4P
Asparagus**	100 g	150 g	200 g
Leek**	1	1½	2
Tarragon**	½bunch	1 bunch	1 bunch
Garlic Clove	1	2	2
Lemon**	1	1	1
Orzo Pasta 13	180g	240g	360g
Vegetable Stock Paste 10	10g	15g	20g
Baby Spinach**	100g	150g	200g
Crema Fraiche 7) **	75g	100g	150g
Grated Hard Italian Style Cheese 7) 8) **	40g	60g	80g
Walnuts 2)	20g	40g	40g
Water*	125ml	250ml	275ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	407g	100g
Energy (kJ/kcal)	2661 / 636	654 / 156
Fat (g)	26	7
Sat. Fat (g)	12	3
Carbohydrate (g)	73	18
Sugars (g)	11	3
Protein (g)	26	6
Salt (g)	1.43	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

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, Soy, Gluten & Sulphites.


Contact

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 You can recycle me!



Get Started

- Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the **orzo**.
- Trim the **asparagus** and chop into thirds widthways.
- Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice.
- Pick the **tarragon** 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**.



Add the Orzo

- When the **orzo** and **asparagus** are done, allow them to drain really well.
- Add the **orzo** and **asparagus** to the **leek** pan, stir through then add the **spinach**. Keep stirring until the **spinach** has wilted and is piping hot, 1-2 mins.



Cook the Orzo

- Once the pan of **water** is boiling, add the **orzo**, reduce the heat to medium and cook until just tender, 10-12 mins.
- Add the **asparagus** for the final 3 mins of cooking.



Get Cheesy

- Now stir in the **creme fraiche** (see ingredients for amount), **grated hard Italian style cheese**, **lemon zest** and a squeeze of **lemon juice**, continuously stir. **TIP: The more you stir, the creamier the orzo will become!**
- 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.**
- Stir the chopped **tarragon** through the **orzo**. **TIP: Only use a bit if you don't love the flavour.**
- Taste and season with **salt** and **pepper** and add more **lemon juice** if you like.



Cook the Leeks

- Meanwhile, heat a drizzle of **oil** in a large saucepan on medium heat. Once hot, add the **sliced leek** and cook, stirring, until soft, 4-5 mins.
- Add the **garlic** and cook, stirring, for 1 min.
- Add the **water** (see ingredients for amounts), and **vegetable stock paste**. Stir to combine, lower the heat and simmer until reduced by half, 2 mins.



Serve

- Roughly chop the **walnuts**.
- Divide the **orzotto** between your 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.