



Garlicky Prawn and Tomato Orzo

with Feta Cheese

RAPID 20 Minutes • 1 of your 5 a day

N° 6



Orzo



Courgette



Garlic Clove



Feta Cheese



Tomato Puree



King Prawns

Before you start

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

Basic cooking tools you will need:

Saucepan, Sieve, Fine Grater (or Garlic Press) and Large Frying Pan.

Ingredients

	2P	3P	4P
Orzo 13)	180g	240g	360g
Courgette**	1	1½	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Feta Cheese 7) **	1 block	1½ blocks	2 blocks
Tomato Puree	1 sachet	1½ sachets	2 sachets
King Prawns 5) **	150g	250g	300g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	344g	100g
Energy (kJ/kcal)	2400 / 574	698 / 167
Fat (g)	15	4
Sat. Fat (g)	9	3
Carbohydrate (g)	76	22
Sugars (g)	11	3
Protein (g)	32	9
Salt (g)	3.30	0.96

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans **7)** Milk **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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

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

 You can recycle me!

Packed in the UK



1. Cook the Orzo

- Fill and boil your kettle.
- Pour the boiling **water** into a saucepan and bring back to the boil on high heat.
- Stir in the **orzo** along with a ¼ tsp of **salt**.
- Lower the heat and simmer until tender, 10-12 mins.
- When cooked, drain in a sieve, pop back in the pan, drizzle with **oil** and stir through to stop it sticking together.



4. Cook the Prawns

- When the pasta is drained, pop the frying pan back onto medium-high heat and add a splash of **oil**.
- When hot, stir in the **tomato puree**, **garlic** and the **prawns**.
- Stir-fry until the **prawns** are cooked through, 3-4 mins. **IMPORTANT:** The prawns are cooked when *pink on the outside and opaque in the centre*.



2. Prep Time

- Meanwhile, trim the **courgette** then quarter lengthways. Chop widthways into small cubes.
- Peel and grate the **garlic** (or use a garlic press).
- Crumble the **feta cheese**.



5. Add the Orzo

- When the **prawns** are cooked, add a splash of **water**, stir together, then add the drained **orzo** to the pan.
- Stir well and cook until the **orzo** is piping hot, 1 minute. **TIP:** Add another splash of water if the mixture needs loosening up.
- Stir through **half** the **feta**.
- Season to taste with a good pinch of **salt** and **pepper**.



3. Char the Courgettes

- Heat a large frying pan on high heat (no oil!) When hot, add the **courgettes** and cook, stirring occasionally until softened and charred at the edges, 3-4 mins.
- When the **courgettes** are ready, remove the pan from the heat keeping the **courgettes** in the pan. We will use it again, once the **orzo** is cooked.



6. Finish and Serve

- Spoon the **orzo** and **prawns** into your bowls.
 - Sprinkle on the remaining **feta**.
- Enjoy!**