



# Harissa Prawn Orzo

with Garlicky Beans

**CLASSIC** 25 Minutes • Little Heat • 1 of your 5 a day

Nº 21



Onion



Garlic Clove



Lemon



Green Beans



Orzo



Vegetable Stock Powder



Prawns



Extra Prawns



Hard Italian Style Grated Cheese



Harissa Paste



### CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.


Happy cooking!

## Before you start

### Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Saucepan, Measuring Jug and Frying Pan.

### Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	2	3	4
Lemon**	½	1	1
Green Beans**	1 small punnet	1 large punnet	1 large punnet
Orzo <b>13)</b>	180g	240g	360g
Water for the Orzo*	450ml	675ml	900ml
Vegetable Stock Powder <b>10)</b>	1 sachet	2 sachets	2 sachets
Prawns <b>5)**</b>	150g	250g	300g
 Extra Prawns <b>5)</b>	300g	450g	600g
Hard Italian Style Grated Cheese** <b>7) 8)</b>	1 bag	1½ bags	2 bags
Harissa Paste	1 sachet	1½ sachets	2 sachets

\*Not Included \*\* Store in the Fridge

**Custom Recipe:** Not sure what this is about? Let us explain. We're currently trialing something exciting to make your dinners even more delicious and will be offering Custom recipes to all our customers very soon!

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	359g	100g
Energy (kJ/kcal)	2441/584	681/163
Fat (g)	15	4
Sat. Fat (g)	5	1
Carbohydrate (g)	81	23
Sugars (g)	12	4
Protein (g)	31	9
Salt (g)	2.50	0.70

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	434g	100g
Energy (kJ/kcal)	2636/630	608/145
Fat (g)	15	4
Sat. Fat (g)	5	1
Carbohydrate (g)	82	19
Sugars (g)	13	3
Protein (g)	42	10
Salt (g)	3.49	0.80

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens


5) Crustaceans 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, Soya, Gluten & Sulphites.

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## 1. Get Prepped

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Zest and have the **lemon**. Trim the **green beans** and chop into thirds.



## 4. Prawns and Beans!

Meanwhile heat a drizzle of **oil** in a frying pan on medium high heat. Once hot, add the **beans** and cook until slightly charred, 2-3 mins. Add the **prawns** and remaining **garlic** along with a splash of **water**. Season with **salt** and **pepper** and cook for 4-5 mins. **IMPORTANT:** The prawns are cooked when opaque all the way through. Remove the pan from the heat.

### CUSTOM RECIPE

If you've chosen to get extra **prawns**, just cook the recipe in the same way. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.

**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.



## 2. Start Cooking

Heat a drizzle of **oil** in a large saucepan on medium high heat. Once hot, add the **onion** and season with **salt** and **pepper**. Cook the **onion** until softened, 5-6 mins, stir every minute or so. Once soft, stir in **half the garlic** and cook for 1 minute, then stir in the **orzo**. Pour in the **water** (see ingredients for amount) and the **veg stock powder**.



## 5. Finish the Orzo

Once the **orzo** is cooked, remove from the heat. **TIP:** If the orzo is not quite cooked but the stock has been absorbed, just add a splash more water and keep cooking until it's tender. Add the **hard Italian cheese**, **harissa paste**, **prawns**, **beans** and a pinch of **lemon zest**. Stir together gently until well combined.



## 3. Stir and Cook

Stir the mixture together and bring to a simmer. Cook until the **orzo** is tender, 12-14 mins. Stir regularly to stop it sticking to the bottom of the pan.



## 6. Serve!

Add a squeeze of **lemon** to the **orzo**, taste and add more **salt**, **pepper** and **lemon juice** if you feel it needs it. Spoon into bowls and finish with a sprinkle of remaining **lemon zest**.

## Enjoy!