



# Rocket Pesto Orzotto

with Charred Courgettes and Tomato Salad



## HELLO PINE NUTS

*In case you were wondering, pine nuts really do come from pine cones!*



Echalion Shallot



Garlic Clove



Courgette



Vine Tomato



Basil



Rocket



Pine Nuts



Hard Italian Cheese



Olive Oil for the Pesto



Lemon



Olive Oil for the Dressing



Orzo



Water



Vegetable Stock Pot

30 mins

3.5 of your 5 a day

Veggie

What's an orzotto? Well it's like a risotto but instead of using rice, we're making it with orzo, tiny grains of rice-shaped pasta. It's a lovely HelloFresh twist we're sure you'll want to try again!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Frying Pan**, two **Mixing Bowls**, a **Large Saucepan** and **Measuring Jug**. Now, let's get cooking!



### 1 DO THE PREP

Halve, peel and finely chop the **shallot** into ½cm pieces. Peel and grate the **garlic** (or use a garlic press). Remove the top and bottom from the **courgette**, then cut in half lengthways and chop into 1cm cubes. Chop the **vine tomato** into 1cm cubes. Finely chop the **basil** (stalks and all) and chop half the **rocket**.



### 2 TOAST THE PINE NUTS

Put a frying pan on medium heat (no oil!) and add the **pine nuts**. Toast until they start to turn golden, about 1 min. **★ TIP:** Watch them like a hawk or they will burn! Once golden, remove from the pan and chop as finely as you can. No need to wash the pan, we'll use it later.



### 3 MAKE THE PESTO

Put the **basil**, chopped **rocket** and **pine nuts** in a mixing bowl. Sprinkle in the **hard Italian cheese**, a pinch of **salt** and a good grind of **black pepper**. Pour in the **olive oil for the pesto** (amount specified in the ingredient list). **★ TIP:** Use your best quality olive oil! Add a quarter of the **garlic** and mix everything together. **★ TIP:** If you have a food processor, you can use it here, but we prefer the satisfaction of doing it by hand!



### 4 MAKE THE SALAD

Juice the **lemon** and squeeze it into another mixing bowl and pour in the **olive oil for the dressing** (amount specified in the ingredient list). Add the **tomato** and a quarter of the **shallot**. Mix everything together. **★ TIP:** If you don't like raw shallot, leave it out.



### 5 COOK THE ORZO

Heat a drizzle of **oil** in a large saucepan on medium heat. Add the remaining **shallot**. Cook until soft, 3-4 mins. Add the remaining **garlic** and cook for 1 minute more. Add the **orzo** and stir, then pour in the **water** (amount specified in the ingredient list) and **vegetable stock pot**. Bring to the boil, then turn the heat down and simmer (stirring occasionally) until the liquid has been absorbed and the **orzo** is soft, 10 mins.



### 6 FINISH AND SERVE!

Meanwhile, put your frying pan back on medium heat (no oil). Add the **courgette** and cook until charred, turning occasionally, 7-8 mins. Once the orzo is cooked, stir in three-quarters of the **pesto** and the **courgette**. **★ TIP:** If all the liquid has been absorbed and the orzo is not quite done, add a splash of water and keep cooking. Serve in bowls, topped with the **rocket leaves**, **tomato salad** and a spoonful of remaining **pesto**. **Enjoy!**

## 2 PEOPLE INGREDIENTS

|                             |         |
|-----------------------------|---------|
| Echalion Shallot, chopped   | 2       |
| Garlic Clove, grated        | 2       |
| Courgette, chopped          | 1       |
| Vine Tomato, chopped        | 2       |
| Basil, chopped              | 1 bunch |
| Rocket                      | 1 bag   |
| Pine Nuts, chopped          | 40g     |
| Hard Italian Cheese 7)      | 40g     |
| Olive Oil for the Pesto*    | 5 tbsp  |
| Lemon                       | ½       |
| Olive Oil for the Dressing* | 1 tbsp  |
| Orzo 1)                     | 180g    |
| Water*                      | 400ml   |
| Vegetable Stock Pot 9) 12)  | 1       |

\*Not Included

| NUTRITION        | PER SERVING | PER 100G |
|------------------|-------------|----------|
| Energy (kcal)    | 967         | 188      |
| (kJ)             | 4067        | 789      |
| Fat (g)          | 62          | 12       |
| Sat. Fat (g)     | 10          | 2        |
| Carbohydrate (g) | 82          | 16       |
| Sugars (g)       | 13          | 3        |
| Protein (g)      | 24          | 5        |
| Salt (g)         | 2.93        | 0.57     |

### ALLERGENS

1)Gluten 7)Milk 9)Celery 12)Sulphites

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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