







More Than Food
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Homemade Rocket Pesto Orzotto

In this week's Top Chef recipe, we thought homemade pesto would be a great skill to have under your belt and a real crowd pleaser. Don't be alarmed at the amount of olive oil we're asking you to use; the Mediterranean diet is famed for its health benefits, which can be attributed to the extensive use of olive oil. Olive oil is crazy good for you due to its sky high antioxidant levels (found in its phenolic compounds) and omega-9 content. Omega-9 is one of the 'good fats' everyone speaks of, with a plethora of health benefits. Olive oil is 85% good fat so tuck in!!

 30 mins

 veggie



Echalion Shallot (2)



Garlic Clove (2)



Courgette (1)



Vine Tomato (2)



Basil (1 bunch)



Rocket (1 bag)



Pine Nuts (40g)



Hard Italian Cheese (3 tbsp)



Extra Virgin Olive Oil (6 tbsp)



Lemon (½)



Orzo (180g)



Water (400ml)



Vegetable Stock Pot (1)


2 PEOPLE INGREDIENTS

- Echalion Shallot, chopped **2**
- Garlic Clove, grated **2**
- Courgette, chopped **1**
- Vine Tomato, chopped **2**
- Basil, chopped **1 bunch**
- Rocket, chopped **1 bag**
- Pine Nuts **40g**
- Hard Italian Cheese **3 tbsp**
- Extra Virgin Olive Oil **6 tbsp**
- Lemon **½**
- Orzo **180g**
- Water **400ml**
- Vegetable Stock Pot **1**

Allergens: Celery, Sulphites, Gluten, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugar	Protein	Salt
Per serving	846 kcal / 3542 kJ	49 g	9 g	76 g	7 g	24 g	3 g
Per 100g	159 kcal / 666 kJ	9 g	2 g	14 g	1 g	5 g	1 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Pine nuts are the seeds of pine trees!

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.

1



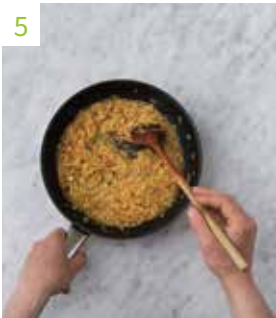
1 Cut the **shallot** in half through the root, peel and then finely chop into ½cm pieces. Peel and grate the **garlic**. Cut the **courgette** in half lengthways, cut each half into four strips lengthways, then chop the strips into 1cm cubes. Chop the **tomato** into 1cm cubes. Finely chop the **basil** and half the **rocket** (leaves and stems of both!). **Tip:** *Don't worry, there may be a lot of prep, but it's all plain sailing from here!*

3



2 Now for the pesto! Put a frying pan on medium heat (no oil!) and add the **pine nuts**. Dry fry them for 1 minute, or until they start to turn golden. **Tip:** *Watch them like a hawk or they will burn!* Once golden, tip the pine nuts onto your chopping board and chop them as finely as you can.

5



3 Put your finely chopped **basil**, **rocket** and **pine nuts** in a bowl. Sprinkle in the **hard Italian cheese**, a pinch of **salt** and a good grind of **black pepper** and pour the **olive oil** (the amount is specified in the table above). Add a quarter of your grated **garlic** and mix everything together thoroughly. **Tip:** *If you do happen to have a food processor you can use it here, but we prefer the satisfaction of doing it by hand!*

7



4 Squeeze the **lemon juice** into another larger bowl and pour in a good drizzle of **olive oil**. Add your **tomato** and a quarter of your chopped **shallot**. Mix everything together and leave to the side.

5 Put your remaining chopped **shallot** in a saucepan with a drizzle of **oil** on medium heat and cook for 3-4 mins, before adding your remaining **garlic** and cooking for 1 minute more. Add the **orzo** and stir it around until it is nicely coated in the **garlicky oil**, then pour in the **water** (the amount is stated in the ingredient table above) and add the **vegetable stock pot**.

6 Bring to a gentle boil, then turn the heat down slightly and simmer away for 10 mins or until the **pasta** is 'al dente' and the liquid has been absorbed. **Tip:** *'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle.* Stir from time to time to ensure it doesn't stick to the bottom of the pan! **Tip:** *If all the liquid has been absorbed and the pasta is not quite cooked, just add a couple of tbsp of water and keep cooking.*

7 While your pasta is cooking, put the pan you used for your pine nuts back on medium heat without any oil. Once the pan is hot, add your **courgette** and cook for 7-8 mins until charred, turning occasionally. Once charred, remove the pan from the heat.

8 Once your pasta is cooked, stir through three-quarters of your **pesto** along with your charred **courgette**. Serve in bowls with your remaining **rocket**, **tomato salad** and a spoonful of leftover **pesto** on top. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!