

Hot Smoked Salmon Orzo

N° 4

with Charred Courgette and Chilli

CLASSIC 35 Minutes • Little Heat



Before you start

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

Basic cooking tools, you will need:

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

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	2P	3P	4P
Onion**	1	1	2
Courgette**	1	2	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Lemon**	1⁄2	1/2	1
Red Chilli**	1⁄2	1	1
Orzo 13)	180g	240g	360g
Water for the Orzo*	450ml	675ml	900ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Baby Spinach**	1 small bag	1 small bag	1 large bag
Hot Smoked Salmon Flakes 4) **	1 small pack	1 large pack	2 small packs
Grated Italian Style Hard Cheese 7) 8) **	1 pack	1½ packs	2 packs
*Not Included ** Store in the Fridge			

Not included Store in the

Nutrition

	Per serving	Per 100g
for uncooked ingredient	473g	100g
Energy (kJ/kcal)	2669/638	564/135
Fat (g)	16	4
Sat. Fat (g)	6	1
Carbohydrate (g)	83	18
Sugars (g)	16	3
Protein (g)	39	8
Salt (g)	3.12	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 10) Celery 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat ! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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

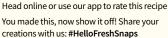
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1. Get Prepped

Halve, peel and chop the **onion** into small pieces. Trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon**, thinly slice the **chilli**.



2. Cook the Courgette

Put a large frying pan on high heat (no **oil**). Once the pan is hot, add the **courgette** and cook until nicely charred, 4-6 mins. Turn every 2 mins. Remove to a bowl and season with **salt** and **pepper**. Don't wash the pan.



3. Cook the Onion

Put your pan back on the heat and reduce the heat to medium. Add a drizzle of **oil** and the **onion**, fry until softened, 4-5 mins. Stir in the **garlic** and cook for 1 minute. Add a drizzle of **oil** at this point if the pan is dry.



4. Simmer!

Add the **orzo** to the pan and stir to coat in the **oil**, then pour in the **water** (see ingredients for amount) and the **vegetable stock powder**. Bring to the boil and simmer until the **orzo** is tender, 10-12 mins. Stir every couple of mins to ensure the **orzo** isn't sticking to the bottom of the pan. **TIP**: Add a splash of water if it's not cooked through and the liquid has evaporated.



5. Stir in the Spinach

When the **orzo** is cooked, add the **spinach** in handfuls and stir through to wilt. Stir through the **hot smoked salmon** and cook until piping hot, 2-3 mins. Remove from the heat, add the **lemon zest** and **three quarters** of the **hard Italian style cheese**. Stir together, then taste and add **salt**, **pepper** and **lemon juice** if you feel it needs it. Stir in **half** the **courgette**.

6. Serve!

Serve the **orzotto** in bowls with the remaining **courgette** and **cheese** sprinkled on top. Finish with the slices of **chilli** and a good grind of **pepper**. Cut the remaining **lemon** into wedges and serve alongside.

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.