



Chorizo Orzo Risotto

with Mozzarella, Roasted Premium Tomatoes and Spinach



HELLO TOMATO

These juicy fruits are related to deadly nightshade!



Onion



Garlic Clove



Premium Tomatoes



Thyme



Tomato Purée



Diced Chorizo



Orzo



Vegetable Stock Powder



Mozzarella Cheese



Italian Style Grated Hard Cheese



Baby Spinach

Orzo is one of the tiniest pasta shapes out there - at first glance you might mistake it for a grain of rice. It makes a great addition to soups and stews but today we're letting it absorb some flavourful stock, a little like in a risotto. An orzotto if you will! Enriched with chorizo and not one but two types of cheese, it's a real treat.

30 mins

2.5 of your 5 a day

MEAL BAG

2

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**), **Baking Paper**, **Baking Tray** and **Large Saucepan**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200°C. Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Cut the **tomatoes** in half. Pick the **thyme leaves** from their stalks (discard the stalks).



2 ROAST THE TOMATOES

Place the **tomatoes** on a lined baking tray, season with **salt**, **pepper** and a pinch of **sugar** (if you have some). Drizzle with a little **oil** and roast on the top shelf of your oven for 10 mins. Once cooked, remove from the oven and set aside.



3 COOK THE CHORIZO

Meanwhile, pop your kettle on to boil. Heat a splash of **oil** in a large saucepan on medium heat. Add the **onion** and season with a pinch of **salt** and **pepper**. Stir and cook until soft, 5 mins. Next add the **garlic**, **thyme**, **tomato purée** and **chorizo** to your pan. Give everything a good stir. Cook for another 2 mins. Add the **orzo** and stir again so it gets a good coating of all the other ingredients.



4 SIMMER THE ORZO

Pour the boiling **water** (see ingredients for amount) into the pan along with the **stock powder**. Stir to dissolve the **stock powder**. Simmer until the **liquid** has been absorbed and the **orzo** is tender, 8-9 mins. **★ TIP:** Stir occasionally to ensure nothing sticks to the bottom of the pan. If the **liquid** is all absorbed before the **orzo** is cooked, add another splash of **water** and give it a couple more mins.



5 FINISHING TOUCHES

While the orzo cooks, roughly tear the **mozzarella cheese** into small pieces. When the **orzo** is ready, take the pan off the heat, add the **mozzarella**, half the **Italian style grated hard cheese** and all the **roasted tomatoes**. Stir gently. Stir the **baby spinach** in a handful at a time until wilted - it may seem like a lot but it will cook down!



6 SERVE

Serve the **orzo risotto** in bowls with the remaining **Italian style grated hard cheese** sprinkled on top. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Onion *	1	2	2
Garlic Clove *	2	3	4
Premium Tomatoes	1 small punnet	2 small punnets	2 small punnets
Thyme *	½ bunch	¾ bunch	1 bunch
Tomato Purée	½ sachet	¾ sachet	1 sachet
Diced Chorizo *	60g	90g	120g
Orzo 13)	180g	240g	360g
Vegetable Stock Powder 10)	½ sachet	¾ sachet	1 sachet
Mozzarella Cheese 7) *	1 ball	1½ balls	2 balls
Italian Style Grated Hard Cheese 7) 8) *	½ pack	¾ pack	1 pack
Baby Spinach *	1 small bag	¾ large bag	1 large bag
Water*	400ml	600ml	800ml

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 404G	PER 100G
Energy (kJ/kcal)	3075 / 735	761 / 182
Fat (g)	29	7
Sat. Fat (g)	16	4
Carbohydrate (g)	80	20
Sugars (g)	12	3
Protein (g)	37	9
Salt (g)	2.88	0.71

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

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.

THUMBS UP OR THUMBS DOWN?

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