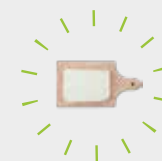




Pork and Feta Orzotto

with Leek and Courgette



HELLO FETA

Feta is one of the world's oldest cheeses, it is mentioned in Homer's Odyssey.



Leek



Courgette



Garlic Clove



Basil



Lemon



Pork and Oregano Sausage Meat



Orzo



Vegetable Stock Pot



Hard Italian Cheese



Feta

MEAL BAG

40 mins

2 of your 5 a day

A twist on the Italian classic, this risotto-style recipe is made with velvety orzo pasta instead of rice and is full of fresh summery flavours. Using pre-seasoned sausage meat to make meatballs is a really simple way to cut down prep time in the kitchen, and a trick we've been recreating ever since Chef André shared it with us. Finished off with crumbled feta and basil.

BEFORE YOU START

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



1 DO THE PREP

Remove the root and dark green tops from the **leek**, halve lengthways and thinly slice into half moons. Trim the ends from **courgette** then quarter lengthways and chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press). Remove the **basil leaves** from their stalks and roughly chop (discard the stalks). Zest the **lemon**. Shape the **sausage meat** into balls (six per person).



4 COOK THE MEATBALLS

While the **orzotto** cooks, heat a splash of **oil** in a frying pan on medium-high heat. Add the **meatballs** and cook until browned on the outside and cooked in the middle, 9-10 mins. Turn every couple of mins and lower the heat if they are browning too quickly. **IMPORTANT:** *The meatballs are cooked when no longer pink in the middle.*



2 START THE ORZOTTO

Boil your kettle. Heat a splash of **oil** in a large saucepan on medium heat. Add the **leek** and a pinch of **salt** and **pepper**. Cook until softened, stirring occasionally, 3-5 mins. Once soft, add the **garlic** and **courgette**, stir and cook for 2 mins before stirring in the **orzo**.



5 GET CHEESY

When the **orzotto** is cooked, remove from the heat and stir in the **hard Italian cheese**, **lemon zest**, a squeeze of **lemon juice** and **three-quarters** of the **basil**. Taste and add more **salt**, **pepper** and **lemon juice** as required.



3 SIMMER

Pour the boiling **water** (see ingredients for amount) into a measuring jug and stir in the **stock pot** until dissolved. Pour the **stock** into the **orzo mix**, bring to a simmer and cook until the **orzo** is tender, about 10 mins. Add more **water** if it all evaporates before the **orzo** is cooked. Stir every minute or so to ensure it doesn't stick to the bottom of the pan!



6 FINISH AND SERVE

Spoon the **orzotto** into bowls and top with the **meatballs**. Crumble over the **feta**, and sprinkle on the remaining **basil**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Leek	1	1	2
Courgette	1	2	2
Garlic Clove	1	2	2
Basil	1 bunch	1 bunch	1 bunch
Lemon	½	½	1
Pork and Oregano Sausage Meat ¹⁴⁾	300g	450g	600g
Orzo ¹³⁾	180g	240g	360g
Water*	500ml	750ml	1 ltr
Vegetable Stock Pot ^{10) 14)}	1	1	2
Hard Italian Cheese ⁷⁾	1 pack	1½ packs	2 packs
Feta ⁷⁾	1 block	1½ blocks	2 blocks

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 556G	PER 100G
Energy (kcal)	986	177
(kJ)	4123	742
Fat (g)	49	9
Sat. Fat (g)	23	4
Carbohydrate (g)	82	15
Sugars (g)	10	2
Protein (g)	50	9
Salt (g)	5.87	1.06

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 10) Celery 13) Gluten 14) Sulphites

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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