



# PRAWN & CHORIZO ORZO

with Roasted Cheesy Tomatoes



## HELLO COOKBOOK

Our brand NEW cookbook 'Recipes That Work' is available to buy now on Amazon!



Leek



Garlic Clove



Plum Tomatoes



Courgette



Flat Leaf Parsley



Vegetable Stock Pot



Hard Italian Cheese



Diced Chorizo



Orzo



Diced Tomatoes



King Prawns

MEAL BAG

45 mins

3 of your 5 a day

Family Box

A HelloFresh take on the crowd-pleasing classic, this paella-style recipe is made with velvety orzo pasta instead of rice. Bursting with rich earthy flavours, and requiring minimal prep and washing up, this one-pot wonder is about to become your weeknight go-to. Place this colourful dish in the middle of your table and enjoy in a traditional, communal style!

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



### 1 PREP TIME!

Preheat your oven to 220°C and boil your kettle. Remove the root and dark green top from the **leek**, halve lengthways, then slice into thin half moons. Peel and grate the **garlic** (or use a garlic press). Halve the **plum tomatoes** through the equator. Remove the top and bottom from the **courgette**, halve lengthways into 1cm strips, then chop into 1cm chunks. Roughly chop the flat leaf **parsley** (stalks and all).



### 2 FINISH THE PREP

Pour the boiling **water** (see ingredients for amount) into a measuring jug with the **stock pot**. Put the **tomatoes** on a lined baking tray, drizzle over a little **oil**, sprinkle over a **quarter** of the **hard Italian cheese** and add a pinch of **salt** and **pepper**. Leave to the side for the moment.



### 3 START THE ORZO

Heat a drizzle of **oil** in a large saucepan on medium heat. Add the **diced chorizo** and cook until crisp, 3-4 mins. Add the **leek** and cook until soft, 5 mins more, then add the **garlic** and cook for another minute. Stir in the **orzo** and **courgette** to coat it in the chorizo-ey **oil**, then pour in the **stock** and **diced tomatoes**. Stir together.



### 4 ROAST THE TOMATOES

At this point you can pop the **tomatoes** on the top shelf of your oven to roast until the **cheese** is slightly browned and the **tomatoes** are cooked, 10-15 mins. Bring the **orzo** to the boil, stirring constantly. Turn the heat to low and simmer away (don't let it boil rapidly) for 10-15 mins, stirring every couple of mins. After 5 mins of cooking, stir in the **prawns**.

**! IMPORTANT:** The prawns are cooked when pink on the outside and opaque all the way through.



### 5 ADD THE CHEESE

When the **orzo** is cooked and the liquid has been absorbed, remove from the heat and stir in the remaining **hard Italian cheese**. **★ TIP:** If all the liquid has been absorbed and the orzo is not quite cooked, just add 50ml of water and keep cooking, repeat this if you need to.



### 6 SERVE

Taste the **orzo mixture** and add some **salt** and **pepper** if you feel it needs it, then stir in **half** the **parsley**. Spoon into bowls and pop the **tomatoes** on top along with a sprinkling of remaining **parsley**. **Enjoy!**

## 2 PEOPLE INGREDIENTS

Leek, sliced	1
Garlic Clove, grated	1
Plum Tomatoes, halved	1 punnet
Courgette, chopped	1
Flat Leaf Parsley, chopped	1 bunch
Water*	150ml
Vegetable Stock Pot (10) (14)	½
Hard Italian Cheese (7)	40g
Diced Chorizo (7)	1 pack
Orzo (13)	180g
Diced Tomatoes	1 tin
King Prawns (5)	150g

\*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 736G	PER 100G
Energy (kcal)	657	89
(kJ)	2747	373
Fat (g)	16	2
Sat. Fat (g)	7	1
Carbohydrate (g)	86	12
Sugars (g)	18	2
Protein (g)	41	6
Salt (g)	5.60	0.76

### ALLERGENS

(5) Crustaceans (7) Milk (10) Celery (13) Gluten (14) Sulphites

**Vegetable Stock Pot:** 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.

**Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between uses.**

### 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 or get in touch via: 0207 138 9055 | [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

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