

# **Rocket Pesto Orzotto**





**HELLO ORZO** 

Although it may look like rice, orzo is actually tiny pasta!





Echalion Shallot



Vine Tomato





Rocket





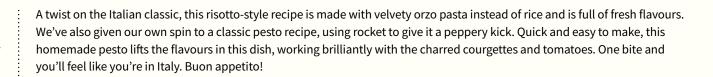
Italian Style Grated Hard Cheese

Orzo



Vegetable Stock Powder

30 mins 2.5 of your 5 a day - 5 Veggie









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

## 2 - 4 PEOPLE INGREDIENTS



#### **DO THE PREP**

Halve, peel and finely chop the **shallot** into ½cm pieces. Peel and grate the **garlic** (or use a garlic press). Remove the top and bottom from the **courgette**, then cut in half lengthways and chop into 1cm cubes. Chop the **vine tomato** into 1cm cubes. Finely chop **half** the **rocket**. Roughly chop the **pine nuts**.



### **MAKE THE PESTO**

← Put the **chopped rocket** and **pine nuts** in a mixing bowl. Add the **cheese** and a pinch of **salt** and **pepper**. Pour in the **olive oil** (see ingredients for amount). ★ *TIP: Use your best quality olive oil*! Add a **quarter** of the **garlic** (leave it out if you don't like raw garlic) and mix everything together. ★ *TIP: If you have a food processor, you can use it here, but we prefer the satisfaction of doing it by hand*!



#### COOK THE ORZO

Heat a drizzle of **oil** in a large saucepan on medium heat. Add the **shallot**. Cook until soft, 3-4 mins. Add the remaining **garlic** and cook for 1 minute more. Add the **orzo** and stir, then pour in the **water** (see ingredients for amount) and **stock powder**. Bring to the boil, then turn the heat down and simmer (stirring occasionally) until the liquid has been absorbed and the **orzo** is soft, 10 mins.

	2P	3P	4P
Echalion Shallot 🚸	1	2	2
Garlic Clove 🚸	2	3	4
Courgette 🚸	1	2	2
Vine Tomato	2	3	4
Rocket *	1 bag	1½ bags	2 bags
Pine Nuts	2 bags	3 bags	3 bags
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Orzo 13)	180g	240g	360g
Water*	400ml	600ml	800ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets

\*Not Included **\*** Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENTS Energy (kJ/kcal)	PER SERVING 403G 2989/715	PER 100G 742/177
Fat (g)	32	8
Sat. Fat (g)	6	2
Carbohydrate (g)	82	20
Sugars (g)	14	3
Protein (g)	24	6
Salt (g)	1.18	0.29

Nutrition for uncooked ingredients based on 2 person recipe. **ALLERGENS** 

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

(3) 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.

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**CHAR THE COURGETTE** Meanwhile, put a frying pan on medium heat (no oil). Add the **courgette** and cook until charred, turning occasionally, 7-8 mins.



**5** FINAL TOUCHES Once the orzo is cooked, stir in threequarters of the pesto, the courgette and the tomato. TIP: If all the liquid has been absorbed and the orzo is not quite done, add a splash of water and keep cooking.

**6** FINISH AND SERVE Serve the orzotto in bowls, topped with the rest of the rocket and a spoonful of remaining pesto. Enjoy!

FINISH AND SERVE