

# **Rocket Pesto Orzotto**





**HELLO ORZO** 

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





Echalion Shallot



Vine Tomato





Rocket





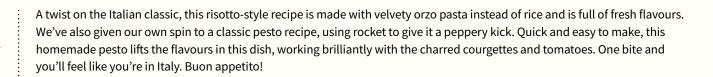
Italian Style Grated Hard Cheese

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<br>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<br>Powder 10)               | 1<br>sachet | 1½<br>sachets | 2<br>sachets |

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

| NUTRITION FOR<br>UNCOOKED INGREDIENTS<br>Energy (kJ/kcal) | PER SERVING<br>403G<br>2989/715 | PER<br>100G<br>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