



Rocket Pesto Orzo

with Charred Courgettes and Tomato Salad



HELLO PINE NUTS

In case you were wondering, pine nuts really do come from pine cones!



Echalion Shallot



Garlic Clove



Courgette



Vine Tomato



Basil



Rocket



Pine Nuts



Hard Italian Cheese



Olive Oil



Lemon



Orzo



Water



Vegetable Stock Pot

30 mins

3 of your 5 a day

Veggie

Today's recipe is a cross between a risotto and a pasta dish. It's made with a tiny, rice-shaped pasta called 'orzo' cooked in a similar way to risotto. You could think of it as an 'orzotto'! We've put a twist on the accompanying pesto too. Instead of basil we're using rocket which provides a delicious, peppery contrast to the creamy pasta and fresh tomatoes. Enjoy!

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**), **Frying Pan**, two **Mixing Bowls**, a **Large Saucepan** and **Measuring Jug**. Now, let's get cooking!



1 DO THE PREP

Halve, peel and finely chop the **shallot** into ½cm pieces. Peel and grate the **garlic** (or use a garlic press). Cut the **courgette** in half lengthways and chop into 1cm cubes. Chop the **vine tomato** into 1cm cubes. Finely chop the **basil** (stalks and all) and half the **rocket**.



2 TOAST THE PINE NUTS

Put a frying pan on medium heat (no **oil!**) and add the **pine nuts**. Dry-fry until they start to turn golden, about 1 min. **★ TIP:** *Watch them like a hawk or they will burn!* Once golden, remove from the pan and chop as finely as you can. No need to wash the pan we'll use it later.



3 MAKE THE PESTO

Put the **basil**, chopped **rocket** and **pine nuts** in a mixing bowl. Sprinkle in the **hard Italian cheese**, a pinch of **salt** and a good grind of **black pepper**. Pour in the **olive oil** (amount specified in the ingredient list).

★ TIP: *Use your best quality olive oil!* Add a quarter of the **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!*



4 MAKE THE SALAD

Squeeze the **lemon juice** into another mixing bowl and pour in a drizzle of **olive oil**. Add the **tomato** and a quarter of the **shallot**. Mix everything together. **★ TIP:** *If you don't like raw shallot, leave it out.*



5 COOK THE ORZO

Heat a drizzle of **oil** in a large saucepan on medium heat. Add the remaining **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** (amount specified in the ingredient list) and **vegetable stock pot**. Bring to the boil, then turn the heat down and simmer (stirring occasionally) until the liquid has been absorbed and the **pasta** is soft, 10 mins.



6 FINISH AND SERVE!

Meanwhile, put your frying pan back on medium heat (no oil). Add the **courgette** and cook until charred, turning occasionally, 7-8 mins. Once the orzo is cooked, stir in three-quarters of the **pesto** and the **courgette**.

★ TIP: *If all the liquid has been absorbed and the pasta is not quite done, add a splash of water and keep cooking.* Serve in bowls, topped with the **rocket leaves**, **tomato salad** and a spoonful of remaining **pesto**. **Enjoy!**

2 PEOPLE INGREDIENTS

Echalion Shallot, chopped	2
Garlic Clove, grated	2
Courgette, chopped	1
Vine Tomato, chopped	2
Basil, chopped	1 bunch
Rocket	1 bag
Pine Nuts, chopped	40g
Hard Italian Cheese 7)	40g
Olive Oil*	5 tbsp
Lemon	½
Orzo 1)	180g
Water*	400ml
Vegetable Stock Pot 9) 12)	1

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	965	191
(kJ)	4058	805
Fat (g)	62	12
Sat. Fat (g)	10	2
Carbohydrate (g)	82	16
Sugars (g)	13	3
Protein (g)	24	5
Salt (g)	2.93	0.58

ALLERGENS

1)Gluten 7)Milk 9)Celery 12)Sulphites

Vegetable Stock Pot Ingredients: 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.

👍 THUMBS UP OR THUMBS DOWN?

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