

# Rocket Pesto Orzo

with Charred Courgettes and Tomato Salad





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





**Echalion Shallot** 







Courgette



Vine Tomato









Hard Italian Cheese



Olive Oil





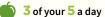




Vegetable Stock Pot









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** STAR

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!



#### **DO THE PREP**

Halve, peel and finely chop the **shallot** into 1/2 cm 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**.



#### **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.  $\star$  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.



### **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!



#### **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.



#### **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.

#### **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 threequarters 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!** 

## **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	1/2
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?

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. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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