



Sweet Potato and Bacon Orzo

with Spinach

RAPID 20 Minutes • 1.5 of your 5 a day



Diced Sweet Potato



Cherry Plum Tomatoes



Bacon Lardons



Dried Thyme



Chicken Stock Powder



Orzo



Cider Vinegar



Chilli Flakes



Baby Spinach



Crème Fraîche



Italian Style Grated Hard Cheese



Chives

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Large Saucepan, Large Baking Tray, Measuring Jug and Sieve. Now, let's get cooking!

Ingredients

	2P	3P	4P
Diced Sweet Potato**	1 small pack	1 large pack	2 small packs
Cherry Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Bacon Lardons**	60g	90g	120g
Dried Thyme	1 small pot	1 small pot	1 large pot
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Orzo 13)	180g	240g	360g
Reserved Orzo Cooking Water*	100ml	150ml	200ml
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Chilli Flakes	a pinch	a pinch	a pinch
Baby Spinach**	1 small bag	¾ large bag	1 large bag
Crème Fraîche 7)**	75g	100g	150g
Italian Style Grated Hard Cheese 7) **	1 pack	1½ packs	2 packs
Chives**	1 bunch	1 bunch	1 bunch

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	458g	100g
Energy (kJ/kcal)	2954 /706	645 /154
Fat (g)	26	6
Sat. Fat (g)	11	3
Carbohydrate (g)	100	22
Sugars (g)	9	2
Protein (g)	27	6
Salt (g)	2.19	0.48

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 13) Gluten 14) Sulphites

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Packed in the UK



1. Roast Time

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ¼ tsp **salt** for the **orzo**. Pop the **diced sweet potato, cherry tomatoes and bacon lardons** on a large baking tray and drizzle with **oil**. Season with **salt and pepper**, sprinkle over the **thyme**, toss to coat, then spread out and roast on the top shelf of your oven until soft and golden, 20-25mins. Turn halfway.

IMPORTANT: Cook the bacon lardons throughout.



4. Make it Creamy!

Now stir in the **crème fraîche** - keep stirring!
TIP: The more you stir, the creamier the orzo will become! Cook for another 2-3 mins then remove the pan from the heat. **TIP:** Stir in a splash more hot water if it seems a bit dry - you are looking for the consistency of risotto!



2. Cook the Orzo

Meanwhile, add the **chicken stock** and **orzo** to the boiling **water**, reduce the heat to medium and cook until the **orzo** is just tender, 10-12 mins. Drain the **orzo** in a sieve but keep the cooking **water** (see ingredients for amount). You'll need this later. Keep the pan, we will use it next!



5. Finish Up

Carefully fold through the **roasted vegetables, bacon lardons** and the **hard Italian style cheese**. Use scissors to snip in half the **chives**. Season to taste with **salt, pepper** or **chilli flakes** if needed.



3. Cook the 'Orzotto'

When the **orzo** is done, allow it to drain really well. Return the (now empty) saucepan to medium heat and add the **cider vinegar**, drained **orzo** and a pinch of **chilli flakes** (careful, they're hot! You can always add more later). Cook, stirring, for a minute, then stir in the **reserved water** and **spinach**. Keep stirring until the **spinach** has wilted, 2-3 mins.



6. Serve

Serve the **orzo** in bowls. Snip over the remaining **chives** and finish with a sprinkle more **chilli flakes**, if you like.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.