

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





Stock Powder



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 vou 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	1⅓ 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) 8)**	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

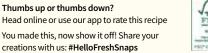
7) Milk 8) Egg 13) Gluten 14) Sulphites

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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Packed in the UK



1. Roast Time

Preheat your oven to 200°C. Bring a large saucepan of water to the boil with 1/4 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.



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!



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.



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!



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.



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.