



More than Food

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Marinated Tomato and Avocado Salad with Orzo, Chickpeas, and Pepitas

A quick marinade with white wine vinegar and garlic infuses flavor and tang into tomatoes in this refreshing orzo salad. Pepitas and chickpeas add heartiness, while avocado gives the salad a silky finish.



25 min



level 1



vegan



nut free



dairy free



Tomato



Avocado



Orzo



Basil



Chickpeas



Garlic



Pepitas



White Wine
Vinegar



Lemon

Ingredients

	2 People	4 People
Tomato	1	2
Avocado	1	2
Orzo ¹⁾	6 oz	12 oz
Basil	1 bunch	2 bunches
Garlic	2 cloves	4 cloves
Pepitas	1 oz	2 oz
Chickpeas	1 can	2 cans
White Wine Vinegar	2 T	4 T
Lemon	1	2
Olive Oil*	1 T	2 T

*Not Included

Allergens

1) Wheat

Tools

Large Pot, Large Bowl, Medium Bowl, Strainer, Zester

Ruler

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Nutrition per person Calories: 852 cal | Carbs: 111 g | Fat: 31 g | Protein: 33 g | Fiber: 23 g



1 Bring a large pot of water with a large pinch of **salt** to a boil. Cut the **tomato** into 1-inch cubes and toss into a medium bowl. Smash the **garlic cloves** with the side of your knife and add them to the **tomatoes** along with the **white wine vinegar**. Season with **salt** and **pepper** and set aside to marinate.



2 Add the **orzo** to the boiling water and cook for 6-7 minutes, until al dente. Drain and rinse under cool water.

3 Meanwhile, drain and rinse the **chickpeas**. Thinly slice the **basil**. Halve, pit, and cube the **avocado**. Zest and halve the **lemon**.



4 Toss the **orzo** in a large bowl with the **chickpeas**, **avocado**, **lemon zest** and **juice** (to taste), **1 Tablespoon olive oil** and **half the basil**. Season with **salt** and **pepper**.



5 Serve the **orzo**, **chickpea**, and **avocado** mixture topped with the marinated **tomatoes** (don't forget to discard the garlic cloves!) and sprinkled with the **pepitas** and remaining **basil**. Enjoy!