



JUL  
2016

## Peach & Nectarine Orzo Salad

with Feta, Cucumber, and Mint

A few minutes under the broiler allows juicy peaches and nectarines to develop even more sweetness. Refreshing cucumber, mint, and lemon keep this salad feeling fresh and light, while orzo provides a hearty base.



Prep: 10 min  
Total: 30 min



level 1



veggie



nut free



Orzo



Peach



Nectarine



Red Onion



Feta Cheese



Mint



Lemon



Cucumber



Garlic

## Ingredients

		2 People	4 People
Orzo	1)	6 oz	12 oz
Nectarine		1	2
Peach		1	2
Red Onion		1	2
Feta Cheese	2)	¼ Cup	½ Cup
Mint		¼ oz	½ oz
Lemon		1	2
Cucumber		1	2
Garlic		2 Cloves	4 Cloves
Olive Oil*		1 T	2 T

\*Not Included

## Allergens

1) Wheat

2) Milk

## Tools

Large pot, Strainer, Peeler  
Baking sheet, Large pan

Ruler

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**Nutrition per person** Calories: 517 cal | Fat: 10 g | Sat. Fat: 3 g | Protein: 18 g | Carbs: 96 g | Sugar: 19 g | Sodium: 167 mg | Fiber: 11 g



**1 Cook the pasta:** Heat the broiler to high or the oven to 500 degrees. Bring a large pot of **salted water** to a boil. Once boiling, add the **orzo** to the pot and cook for 8-9 minutes, until al dente. Drain and rinse under cold water.

**2 Prep: Wash and dry all produce.** Meanwhile, pick the **mint leaves** off the stems, discarding the stems. Thinly slice the **mint leaves**. Halve the **lemon**. Peel and halve the **cucumber** lengthwise, then scoop out the seeds with a spoon. Thinly slice the cucumber into half moons. Thinly slice the **garlic**. Halve, peel, and thinly slice the **onion**. Halve, pit, and dice the **nectarine** and **peach** into 1-inch cubes.

**3 Broil the fruit:** Place the **nectarine** and **peach** on a lightly oiled baking sheet and broil for 4-6 minutes, until lightly charred.

**4 Sauté the onion and garlic:** Meanwhile, heat a drizzle of **olive oil** in a large pan over medium heat. Add the **onion** to the pan and cook, tossing, for 4-5 minutes, until softened. Add the **garlic** to the pan and cook for another 1-2 minutes, until fragrant. Season with **salt** and **pepper**.

**5 Assemble the salad:** Remove the pan from the heat and toss in the **orzo**, **peach**, **nectarine**, **cucumber**, **feta**, a squeeze of **lemon**, and a drizzle of **olive oil**. Season with **salt** and **pepper**.

**6 Serve:** Divide the **orzo salad** between bowls and sprinkle with **mint**. Enjoy!



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