



# Cheesy Orzotto with Tomato Salsa and Asparagus

Classic 30 Minutes • 1.5 of your 5 a day

N° 21



Onion



Garlic Clove



Asparagus



Baby Plum Tomatoes



Cider Vinegar



Honey



Mozzarella



Sun-dried Tomato Paste



Orzo



Vegetable Stock Powder



Hard Italian Style Grated Cheese



Diced Chorizo



### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!



## Before you start

### Cooking tools, you will need:

Fine Grater (or Garlic Press), Baking Tray, Saucepan and Measuring Jug.

### Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Asparagus**	1 small pack	1 medium pack	1 large pack
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Cider Vinegar <b>14)</b>	1 sachet	1 sachet	2 sachets
Honey	1 sachet	1 sachet	2 sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Mozzarella <b>7)</b> **	1 ball	2 balls	2 balls
Sun-dried Tomato Paste	1 sachet	2 sachets	2 sachets
Orzo <b>13)</b>	180g	240g	360g
Boiling Water for the Orzo*	450ml	675ml	900ml
Vegetable Stock Powder <b>10)</b>	1 sachet	2 sachets	2 sachets
Hard Italian Style Grated Cheese <b>7) 8)</b> **	1 pack	2 packs	2 packs
Diced Chorizo**	90g	120g	180g

\*Not Included \*\*Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	394g	100g
Energy (kJ/kcal)	2996 /716	761 /182
Fat (g)	26	7
Sat. Fat (g)	14	4
Carbohydrate (g)	87	22
Sugars (g)	19	5
Protein (g)	32	8
Salt (g)	1.75	0.45
<b>Custom Recipe</b>	<b>Per serving</b>	<b>Per 100g</b>
for uncooked ingredient	439g	100g
Energy (kJ/kcal)	3824 /914	872 /208
Fat (g)	42	10
Sat. Fat (g)	20	5
Carbohydrate (g)	88	20
Sugars (g)	19	4
Protein (g)	44	10
Salt (g)	4.38	0.99

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 8) Egg 10) Celery 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens! Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between). Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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### Get Prepped

Preheat your oven to 180°C. Fill and boil your kettle. Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Trim the bottom 2cm from the **asparagus** and pop on a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Set aside.



### Make the Salsa

Halve the **tomatoes**. Pop the **cider vinegar**, **honey** and **olive oil** (see ingredients for amount) into a medium sized bowl. Season with **salt** and **pepper** and mix together. Add the **tomatoes**, mix and set aside. Drain the **mozzarella** and tear into small pieces.



### Start the Orzo

Heat a drizzle of **oil** in a saucepan on medium-high heat. Add the **onion** and cook, stirring frequently until softened, 5-6 mins, then add the **garlic** and **sun-dried tomato paste**. Stir continuously and cook for 1 minute. Stir the **orzo** into the pan followed by the boiling **water** (see ingredients for amount) and the **veg stock powder**.



### CUSTOM RECIPE

If you've added **chorizo** to your meal, add it to the pan when you add the **onion** in the step above and cook along with the onion until the **chorizo** is crispy and the **onion** softened, 5-6 mins. Continue with the rest of the recipe as instructed.



### Simmer!

Bring to a simmer, stirring to combine, then reduce the heat to medium-low and simmer until the **orzo** is cooked and the **liquid** absorbed, 10-12 mins. Stir every couple of mins to ensure the **orzo** is not sticking to the bottom of the pan. If the **mixture** is looking a bit dry and the **orzo** is not quite cooked, just add a splash of **water** and keep cooking.



### Finish Off

Meanwhile, roast the **asparagus** on the top shelf of your oven until tender, 10-12 mins. Once the **orzo** is cooked, remove from the heat. Stir in the **hard Italian cheese** until melted. Taste and add **salt** and **pepper** if you feel it needs it. Add the **mozzarella** to the **salsa** and stir to combine.



### Serve!

Serve the **orzo** in bowls with the **roasted asparagus** on one side and the **tomato salsa** on the other side.

### Enjoy!