



More Than Food
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Homemade Rocket Pesto Orzo with Charred Courgettes and Tomato Salad

We're all in favour of teaching new skills and this week we decided homemade pesto is on the menu. Don't be alarmed at the amount of olive oil we've suggested the Mediterranean diet is famed for its health benefits, which can be attributed to the extensive use of olive oil. Olive oil is crazy good for you due to its sky high antioxidant levels and omega-9 content. Omega-9 is one of the 'good fats' everyone speaks of, with a plethora of health benefits. Olive oil is 85% good fat so tuck in!!!



30 mins



3 of your 5 a day



veggie



mealkit



Echalion Shallot (2)



Garlic Clove (2)



Courgette (1)



Vine Tomato (2)



Basil (1 bunch)



Rocket (1 bag)



Pine Nuts (40g)



Hard Italian Cheese (40g)



Olive Oil (6 tbsp)



Lemon (½)



Orzo (180g)



Water (400ml)



Vegetable Stock Pot (1)

2 PEOPLE INGREDIENTS

- Echalion Shallot, chopped **2**
- Garlic Clove, grated **2**
- Courgette, chopped **1**
- Vine Tomato, chopped **2**
- Basil, chopped **1 bunch**
- Rocket, chopped **1 bag**
- Pine Nuts **40g**
- Hard Italian Cheese **40g**
- Olive Oil **6 tbsp**
- Lemon **½**
- Orzo **180g**
- Water **400ml**
- Vegetable Stock Pot **1**

Allergens: Celery, Gluten, Sulphites, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	846 kcal / 3542 kJ	49 g	9 g	76 g	7 g	24 g	3 g
Per 100g	159 kcal / 666 kJ	9 g	2 g	14 g	1 g	5 g	1 g

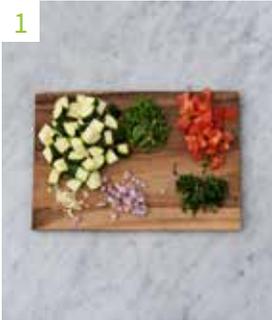
 Our fruit and veggies may need a little wash before cooking!

Did you know...

Rocket is known as 'rocket' simply because of its rocket-fast growing speed.

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains Sulphites), Stabiliser (Tara Gum), Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

1



1 Cut the **shallot** in half through the root, peel and then finely chop into ½cm pieces. Peel and grate the **garlic** (or use a garlic press if you have one). Cut the top and bottom off the **courgette**, then cut in half lengthways. Cut each half into four strips lengthways, then chop the strips into 1cm cubes. Chop the **tomato** into 1cm cubes. Finely chop the **basil** and half the **rocket** (leaves and stems of both!). **Tip:** *Don't worry, there may be a lot of prep, but it's all plain sailing from here!*

3



2 Put a frying pan on medium heat (no oil!) and add the **pine nuts**. Dry-fry for 1 minute, or until they start to turn golden. **Tip:** *Watch them like a hawk or they will burn!* Once golden, tip your **pine nuts** onto your chopping board and chop them as finely as you can (don't wash the pan, you'll use it later to dry-fry the courgette!).

5



3 Put your **basil**, chopped **rocket** and **pine nuts** in a bowl. Sprinkle in the **hard Italian cheese**, a pinch of **salt** and a good grind of **black pepper** and pour in your best quality **olive oil** (amount specified in the ingredient list). Add a quarter of your **garlic** and mix everything together thoroughly, this is your pesto. **Tip:** *If you have a food processor, you can use it here, but we prefer the satisfaction of doing it by hand!*

7



4 For your tomato salad, squeeze the **lemon juice** into another bowl and pour in a drizzle of **olive oil**. Add your **tomato** and a quarter of your **shallot** and mix everything together.

5 Put your remaining **shallot** in a saucepan with a drizzle of **oil** on medium heat and cook for 3-4 mins, then add the rest of your **garlic** and cook for 1 minute more. Add the **orzo** and stir it around until it is nicely coated, then pour in the **water** (amount specified in the ingredient list) and add the **vegetable stock pot**.

6 Bring to the boil, then turn the heat down and simmer for 10 mins or until your pasta is 'al dente' and the liquid has been absorbed. **Tip:** *'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle.* Stir from time to time to ensure it doesn't stick to the bottom of the pan! **Tip:** *If all the liquid has been absorbed and the pasta is not quite cooked, just add a little more water and keep cooking.*

7 While your pasta is cooking, put the pan you used for your pine nuts back on medium heat without any oil. Once the pan is hot, add your **courgette** and cook for 7-8 mins until charred, turning occasionally. Once charred, remove the pan from the heat. **Tip:** *If they are not very charred, just leave them cooking for a bit longer.*

8 Once your **pasta** is cooked, stir through three-quarters of your **pesto** along with your **courgette**. Serve in bowls with the rest of your **rocket**, **tomato salad** and a spoonful of remaining **pesto** on top.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!