



Hot Smoked Salmon Orzo

with Charred Courgette and Chilli

CLASSIC 35 Minutes • Little Heat



Onion



Courgette



Garlic Clove



Lemon



Red Chilli



Orzo



Vegetable Stock Powder



Baby Spinach



Hot Smoked Salmon Flakes



Grated Italian Style Hard Cheese

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Frying Pan and Measuring Jug.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Courgette**	1	2	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Lemon**	½	½	1
Red Chilli**	½	1	1
Orzo 13)	180g	240g	360g
Water for the Orzo*	450ml	675ml	900ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Baby Spinach**	1 small bag	1 small bag	1 large bag
Hot Smoked Salmon Flakes 4)**	1 small pack	1 large pack	2 small packs
Grated Italian Style Hard Cheese 7) 8)**	1 pack	1½ packs	2 packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	473g	100g
Energy (kJ/kcal)	2669 / 638	564 / 135
Fat (g)	16	4
Sat. Fat (g)	6	1
Carbohydrate (g)	83	18
Sugars (g)	16	3
Protein (g)	39	8
Salt (g)	3.12	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish **7**) Milk **8**) Egg **10**) Celery **13**) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these 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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You can recycle me!



Packed in the UK



1. Get Prepped

Halve, peel and chop the **onion** into small pieces. Trim the **courgette** then quarter lengthways. Chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon**, thinly slice the **chilli**.



4. Simmer!

Add the **orzo** to the pan and stir to coat in the **oil**, then pour in the **water** (see ingredients for amount) and the **vegetable stock powder**. Bring to the boil and simmer until the **orzo** is tender, 10-12 mins. Stir every couple of mins to ensure the **orzo** isn't sticking to the bottom of the pan. **TIP:** Add a splash of water if it's not cooked through and the liquid has evaporated.



2. Cook the Courgette

Put a large frying pan on high heat (no **oil**). Once the pan is hot, add the **courgette** and cook until nicely charred, 4-6 mins. Turn every 2 mins. Remove to a bowl and season with **salt** and **pepper**. Don't wash the pan.



5. Stir in the Spinach

When the **orzo** is cooked, add the **spinach** in handfuls and stir through to wilt. Stir through the **hot smoked salmon** and cook until piping hot, 2-3 mins. Remove from the heat, add the **lemon zest** and **three quarters** of the **hard Italian style cheese**. Stir together, then taste and add **salt, pepper** and **lemon juice** if you feel it needs it. Stir in **half** the **courgette**.



3. Cook the Onion

Put your pan back on the heat and reduce the heat to medium. Add a drizzle of **oil** and the **onion**, fry until softened, 4-5 mins. Stir in the **garlic** and cook for 1 minute. Add a drizzle of **oil** at this point if the pan is dry.



6. Serve!

Serve the **orzotto** in bowls with the remaining **courgette** and **cheese** sprinkled on top. Finish with the slices of **chilli** and a good grind of **pepper**. Cut the remaining **lemon** into wedges and serve alongside.

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.