



MEDITERRANEAN CHICKPEA ORZO

with Mint, Smoked Paprika, and Veggies on Top



HELLO

SMOKED PAPRIKA

Also known as *pimentón*, this Spanish-style red pepper adds a sultry, smoky aroma.

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 800**



Roma Tomatoes



Apple Cider Vinegar



Chickpeas



Smoked Paprika



Sour Cream
(Contains: Milk)



Arugula



Shallot



Orzo Pasta
(Contains: Wheat)



Mediterranean Spice Blend



Mint



Feta Cheese
(Contains: Milk)

START STRONG

The chickpeas may pop in the oven while they're roasting. Don't worry—it's completely natural.

BUST OUT

- Medium pot
- Small bowl
- Medium bowl
- Strainer
- Paper towel
- Sugar (½ tsp | 1 tsp)
- Olive oil (4 tsp | 8 tsp)
- Baking sheet

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|-----------------------------|-------------------|
| • Roma Tomatoes | 2 4 |
| • Shallot | 1 2 |
| • Apple Cider Vinegar | 2 TBSP 4 TBSP |
| • Orzo Pasta | 6 oz 12 oz |
| • Chickpeas | 13.4 oz 26.8 oz |
| • Mediterranean Spice Blend | 1 TBSP 2 TBSP |
| • Smoked Paprika | ¾ tsp 1 tsp |
| • Mint | ¼ oz ½ oz |
| • Sour Cream | 2 TBSP 4 TBSP |
| • Feta Cheese | ½ Cup 1 Cup |
| • Arugula | 2 oz 4 oz |

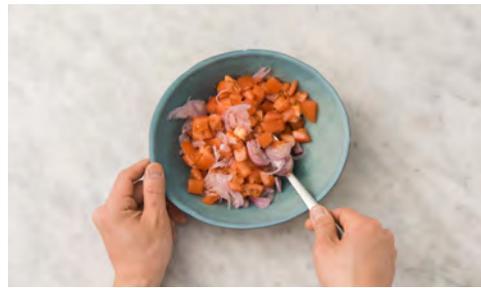
HELLO WINE

PAIR WITH



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1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to upper position and preheat oven to 450 degrees. Bring a medium pot of **salted water** to a boil. Halve **tomatoes** lengthwise, then chop. Halve, peel, and thinly slice **shallot**. Stir together **vinegar** and **½ tsp sugar** in a medium bowl, then add shallot and tomatoes. Toss to coat, then season with **salt** and **pepper**.



4 CHOP MINT AND STIR ORZO

Pick **mint leaves** from stems; discard stems. Roughly chop leaves. Return drained **orzo** to empty pot, then stir in mint and a drizzle of **olive oil**. Set aside.



2 BOIL PASTA

Once water is boiling, add **orzo** to pot. Cook, stirring occasionally, until al dente, 6-8 minutes, then drain.



5 MAKE DRESSING AND FINISH ORZO

In a small bowl, stir together **sour cream**, half the **feta**, **¼ tsp smoked paprika** (you'll have some left over), and **1 TBSP water**. Season with **salt** and **pepper**. Once **chickpeas** are done roasting, remove from oven and stir into **orzo** in pot. Season with salt and pepper.



3 ROAST CHICKPEAS

Meanwhile drain and rinse **chickpeas**, then pat dry with a paper towel. Place on a baking sheet and toss with a large drizzle of **olive oil**, **Mediterranean spice**, **½ tsp smoked paprika** (we'll use more later), **salt**, and **pepper**. Roast chickpeas in oven until toasted, 8-10 minutes.



6 TOSS SALAD AND FINISH

Add **arugula** and a drizzle of **olive oil** to bowl with **shallot** and **tomatoes**. Toss to coat. Divide **orzo mixture** between bowls. Mound arugula mixture on top and sprinkle with remaining **feta**. Drizzle with **dressing** and serve.

SMOKIN'!

Sprinkle the extra paprika on eggs, potatoes, or roasted veggies.

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