



# MEXICAN CHICKEN BAKED ORZO

with Sweetcorn and Tomatoes



HELLO ORZO

Although it may look like rice, orzo is actually tiny pasta!



Premium Tomato Mix



Echalion Shallot



Lime



Garlic Clove



Diced Chicken Thigh



Cajun Spice Blend



Tomato Purée



Orzo



Chicken Stock Powder



Sweetcorn



Spring Onion



Mature Cheddar Cheese



Black Olives

35 mins

1.5 of your 5 a day

Little heat

A Mexican inspired twist on the Italian classic, this risotto-style recipe is made with velvety orzo pasta instead of rice. Packed with fresh springtime flavours, and requiring minimal prep and washing up, this one-pot wonder is about to become your weeknight go-to. Place this colourful dish in the middle of your table and enjoy in a traditional, communal style!

MEAL BAG

6



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Foil**, a **Baking Tray**, **Fine Grater**, **Large Ovenproof Saucepan** (with a **Lid**), **Measuring Jug**, and **Sieve** and **Coarse Grater**. Now, let's get cooking!



### 1 DO THE PREP

Preheat your oven to 200°C and put your kettle on to boil. Pop the **tomatoes** onto a foil-lined baking tray. Sprinkle with a good pinch of **salt** and **pepper** and a drizzle of **olive oil**. Roast on the top shelf of the oven until starting to burst, 10-15 mins.



### 2 BROWN THE CHICKEN

Meanwhile, halve, peel and thinly slice the **shallot**. Zest the **lime** and cut into wedges. Peel and grate the **garlic** (or use a garlic press). Heat a drizzle of **oil** in a large, ovenproof pan over medium-high heat. Once hot, add the **chicken** and a pinch of **salt**. Fry until golden all over, turning occasionally, 4-5 mins. Add the **shallot** to the pan and cook until softened, stirring regularly, 5 more mins. **★ TIP:** *If you don't have an ovenproof pan, use a saucepan and transfer to an ovenproof dish before putting in the oven.*



### 3 BAKE THE ORZO

When the **shallot** has softened, stir the **garlic**, **lime zest**, **Cajun spice blend** (careful, it's hot!), **tomato purée** and the **roasted tomatoes** into the pan. Cook for 1 minute, then add the **orzo** and stir to coat the **grains** in all the great flavour! Pour in the boiling water (see ingredients for amount) and the **stock powder**. Stir to dissolve the **stock powder** and bring to the boil. Pop a lid on the pan and bake on the top shelf of your oven, 20 mins. **! IMPORTANT:** *The chicken is cooked when it is no longer pink in the middle.*



### 4 GET AHEAD

In the meantime, drain the **sweetcorn** in a sieve. Trim the **spring onions** then slice thinly. Grate the **cheddar cheese** and thinly slice the **olives**.



### 5 FINISH UP!

Once the **orzo** is out of the oven, stir in the **sweetcorn**, **cheddar cheese** and **sliced olives**. **★ TIP:** *If not everyone likes olives, just leave them out here and serve at the end for olive lovers to sprinkle on themselves!*



### 6 TIME TO SERVE!

Taste and season the **orzo** with a pinch of **salt** and **pepper**. Serve in large bowls with a sprinkling of the **spring onion** on top. Serve the **lime wedges** on the side for squeezing over. **Dig in!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Premium Tomato Mix	1 small punnet	¾ large punnet	1 large punnet
Echalion Shallot *	1	1½	2
Lime *	1	1½	2
Garlic Clove *	1	2	2
Diced Chicken Thigh *	210g	350g	420g
Cajun Spice Blend	1 pot	1½ pots	2 pots
Tomato Purée	1 sachet	1½ sachets	2 sachets
Orzo <sup>13)</sup>	180g	240g	360g
Water*	450ml	675ml	900ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Sweetcorn *	½ carton	¾ carton	1 carton
Spring Onion *	1	2	2
Mature Cheddar Cheese <sup>7)</sup> *	1 block	1½ blocks	2 blocks
Black Olives *	1 pouch	2 pouches	2 pouches

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 454G	PER 100G
Energy (kJ/kcal)	3040 / 727	670 / 160
Fat (g)	21	5
Sat. Fat (g)	7	1
Carbohydrate (g)	84	18
Sugars (g)	13	3
Protein (g)	47	10
Salt (g)	2.22	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

<sup>7)</sup> Milk <sup>13)</sup> 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.

### 👍 THUMBS UP OR THUMBS DOWN?

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