



# Bacon and Leek Orzotto

with Crispy Kale Topping

N° 11

**FAMILY** Hands on Time: 25 Minutes • Total Time: 30 Minutes • 2 of your 5 a day



Onion



Leek



Garlic Clove



Kale



Bacon Lardons



Orzo



Chicken Stock Powder



Hard Italian Style Grated 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), Large Baking Tray, Saucepan and Measuring Jug.

### Ingredients

	2P	3P	4P
Onion**	1	1	2
Leek**	2	3	4
Garlic Clove**	1	1	2
Kale**	1 small bag	¾ large bag	1 large bag
Bacon Lardons**	90g	120g	180g
Orzo <b>13)</b>	180g	240g	360g
Water for the Orzo*	450ml	675ml	900ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Hard Italian Style Grated Cheese <b>7) 8)**</b>	1 bag	1½ bags	2 bags

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	447g	100g
Energy (kJ/kcal)	2525/604	565/135
Fat (g)	17	4
Sat. Fat (g)	7	2
Carbohydrate (g)	82	18
Sugars (g)	12	3
Protein (g)	30	7
Salt (g)	2.41	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 8) Egg 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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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## 1. Get Prepped

Preheat your oven to 200°C. Halve, peel and chop the **onion** into small pieces. Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice widthways. Peel and grate the **garlic** (or use a garlic press). Pop the **kale** on a large baking tray and drizzle with **oil**. Season with **salt** and **pepper**, toss to coat the **leaves** evenly. Set aside.



## 4. Simmer

Bring to a simmer, 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.



## 2. Cook the Veg

Heat a drizzle of **oil** in a saucepan on medium-high heat. Add the **bacon lardons** and cook, stirring frequently until starting to brown, 4-5 mins. **IMPORTANT:** Cook the **bacon lardons** throughout. Add the **onion** and **leek** to the pan, and cook, stirring frequently until softened, 5-6 mins, then add the **garlic**. Stir continuously and cook for 1 minute.



## 5. Bake the Kale

5 mins before the **orzo** is ready, pop the **kale** in the oven to bake until crispy and tender, 4-5 mins, then remove from the oven.



## 3. Add the Orzo

Stir the **orzo** into the pan followed by the **water** (see ingredients for amount) and the **chicken stock powder**.



## 6. Finish and Serve

Once the **orzo** is tender, the **liquid** has been absorbed and the **mixture** has a lovely creamy texture, remove from the heat and stir in the **hard Italian style cheese**. Taste and add **salt** and **pepper** if you feel it needs it. Serve in bowls with the **crispy kale** on top.

Enjoy!