



# BORSCHT-INSPIRED ORZOTTO

with Beetroot, Dill and Rocket Salad



HELLO ORZO

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



Vegetable Stock Powder



Onion



Beetroot



Thyme



Garlic Clove



Dill



Walnuts



Lemon



Cider & Horseradish Wholegrain Mustard



Orzo



Italian Style Grated Hard Cheese



Rocket



Soured Cream

MEAL BAG

45 mins

1.5 of your 5 a day

Little heat

Veggie

As the name suggests, this wonderfully vibrant dish is inspired by Borscht, a Ukrainian beetroot soup that is famous for its distinctive red colouring. The beetroot gives a sweet and earthy flavour to the Orzotto, which is a twist on the Italian classic of Risotto made with velvety orzo pasta instead of rice. Paired with our mustard and dill blend and topped with the rocket in a walnut dressing, this is a winning combination of wholesome flavours. Serve with a good dollop of soured cream and chopped dill.

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## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got two **Large Saucepans**, a **Measuring Jug**, **Coarse Grater**, **Fine Grater**, **Baking Tray** and **Ladle**. Now, let's get cooking!



### 1 GET PREPPED

Preheat your oven to 170°C. Bring a large saucepan of **water** (see ingredients for amount) to the boil and stir in the **stock powder**. Remove the pan of **stock** from the heat - we will use it later. Halve, peel and chop the **onion** into small pieces. Trim, peel and grate the **beetroot** on the coarse side of your grater. **TIP:** Wear gloves to avoid staining your hands! Pick the **thyme leaves** from their stalks and roughly chop (discard the stalks).



### 2 START THE ORZOTTO

Heat a drizzle of **oil** in another large saucepan over medium heat. **TIP:** Add a good knob of **butter** if you have some! Stir the **onion**, **beetroot** and **thyme** into the pan and season with **salt** and **pepper**. Cook until the **onion** and **beetroot** are soft, stirring occasionally, 10 mins. Meanwhile, peel and grate the **garlic** (or use a garlic press). Chop the **dill** (stalks and all). Return the **stock** to low heat and make the **salad dressing**.



### 3 MAKE THE DRESSING

Put the **walnuts** on a baking tray and pop onto the middle shelf of your oven to toast, until lightly coloured, 8 - 9 mins. Meanwhile, zest the **lemon** and cut in half. In a large bowl combine the **lemon zest**, **half** of the **lemon juice**, the **olive oil** (see ingredients for amount), **mustard**, a pinch of **sugar** (optional) and **salt** and **pepper** to taste. When ready, remove the **walnuts** from the oven, roughly chop and add to the bowl.



### 4 MAYBE ADD SOME WINE?

When the **onion** and **beetroot** are soft, add the **garlic**, stir and cook for one minute. Increase the heat slightly, then add the **orzo** to pan. Stir until evenly coated. If you have some **white wine** in your kitchen, add a splash now. **TIP:** Let the alcohol in the wine bubble off for a few minutes to mellow the flavour. If you don't have any **wine** don't worry, just move right on to step 5. The **risotto** will still taste delicious!



### 5 COOK THE ORZOTTO

Add a ladleful of the **stock** to the **orzo** and stir it in gently. Once the **liquid** is almost fully absorbed, add another ladleful, continue stirring. Keep adding the **stock**, stirring all the time, until the **orzo** is 'al dente' - cooked but with a tiny bit of firmness left in the middle, 10-15 mins. **TIP:** If you've added all the stock but the orzo isn't quite ready, just add a splash of water and continue cooking.



### 6 FINISH AND SERVE

Once the **orzo** is cooked, finish by mixing in the **Italian style grated hard cheese** and a squeeze of **lemon juice**. Season with **salt** and **pepper** to taste. Add the **rocket** to the bowl with the **walnut dressing** in. Toss together to coat the leaves. Divide the **risotto** between plates and top with a good dollop of **soured cream** and the **chopped dill**. Top with the **rocket salad**. **Wow!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Water*	750 ml	1ltr	1.5ltr
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Onion *	1	1½	2
Beetroot *	2	3	4
Thyme *	1 sprig	2 sprigs	2 sprigs
Garlic Clove *	1	2	2
Dill *	1 bunch	1 bunch	1 bunch
Walnuts 2)	1 bag	1½ bags	1 bags
Lemon *	1	1½	2
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Cider & Horseradish			
Wholegrain Mustard 9) 14)	¼ pot	½ pot	1 pot
Orzo 13)	180g	240g	360g
Italian Style Grated Hard Cheese 7) 8) *	1 pack	2 packs	2 packs
Rocket *	1 bag	1 bag	1 bag
Soured Cream 7) *	1 pouch	1 pouch	2 pouches

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 564G	PER 100G
Energy (kJ/kcal)	3489 / 834	618 / 148
Fat (g)	38	7
Sat. Fat (g)	15	3
Carbohydrate (g)	94	17
Sugars (g)	24	4
Protein (g)	26	5
Salt (g)	1.78	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

2) Nut 7) Milk 8) Egg 9) Mustard 10) Celery 13) Gluten 14) Sulphites

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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