



# Cheesy Orzotto

with Premium Tomato Salsa and Broccoli

**CLASSIC** 30 Minutes • 1.5 of your 5 a day • Veggie

N° 22



Onion



Garlic Clove



Broccoli



Premium Tomatoes



Chives



Cider Vinegar



Honey



Mozzarella



Sundried  
Tomato Paste



Orzo



Vegetable  
Stock Powder



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

### Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Broccoli**	1	1	2
Premium Tomatoes	1 small punnet	1 large punnet	1 large punnet
Chives**	1 bunch	1 bunch	1 bunch
Cider Vinegar <b>14</b>	1 sachet	1 sachet	2 sachets
Honey	1 sachet	1 sachet	2 sachets
Olive Oil for the Tomatoes*	1 tbsp	1½ tbsp	2 tbsp
Mozzarella <b>7</b> **	1 ball	2 balls	2 balls
Sundried Tomato Paste	1 sachet	2 sachets	2 sachets
Orzo <b>13</b>	180g	240g	360g
Boiling Water for the Orzo*	450ml	675ml	900ml
Vegetable Stock Powder <b>10</b>	1 sachet	2 sachets	2 sachets
Grated Hard Italian Cheese <b>7</b> <b>8</b> **	1 pack	2 packs	2 packs

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

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	514g	100g
Energy (kJ/kcal)	3192/763	621/148
Fat (g)	26	5
Sat. Fat (g)	15	3
Carbohydrate (g)	90	18
Sugars (g)	21	4
Protein (g)	37	7
Salt (g)	1.73	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7)** Milk **8)** Egg **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.

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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Packed in the UK

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## 1. Get Prepped

Preheat your oven to 180°C. Fill and boil your kettle. Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a **garlic press**). Separate the **broccoli** into florets (little trees!). Pop the **broccoli** on a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Set aside.



## 4. Simmer!

Bring to a simmer, stirring to combine, 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. Make the Salsa

Halve the **tomatoes** and roughly chop the **chives**. **TIP:** Use scissors if you'd prefer. Pop the **cider vinegar**, **honey** and **olive oil** (see ingredients for amount) into a medium sized bowl. Season with **salt** and **pepper** and mix together. Add the **tomatoes** and **half** the **chives**, mix and set aside. Drain the **mozzarella** and tear into small pieces.



## 5. Finish off

Meanwhile, roast the **broccoli** on the top shelf of your oven until tender, 12-15 mins. Once the **orzo** is cooked, remove from the heat. Stir in the **hard Italian style cheese** until melted. Taste and add **salt** and **pepper** if you feel it needs it. Add the **mozzarella** to the **salsa** and stir to combine.



## 3. Start the Orzo

Heat a drizzle of **oil** in a saucepan on medium-high heat. Add the **onion** and cook, stirring frequently until softened, 5-6 mins, then add the **garlic** and **sundried tomato paste**. Stir continuously and cook for 1 minute. Stir the **orzo** into the pan followed by the boiling **water** (see ingredients for amount) and the **veg stock powder**.



## 6. Serve!

Serve the **orzo** in bowls with the roasted **broccoli** on one side and the **tomato salsa** on the other side. Sprinkle over the remaining **chives**.

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.