



# Garlicky Prawn and Tomato Orzo with Parsley

Calorie Smart 20 Minutes • Under 600 Calories • 1 of your 5 a day



Shallot



Courgette



Flat Leaf Parsley



Garlic



Tomato Purée



Orzo



Vegetable Stock Powder



King Prawns



Grated Hard Italian Style Cheese

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Kettle, Chopping Board, Sharp Knife, Fine Grater (or Garlic Press) and Frying Pan.

## Ingredients

	2P	3P	4P
Shallot**	1	1	2
Courgette**	1	2	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Garlic**	1 clove	2 cloves	2 cloves
Tomato Purée	1 sachet	1½ sachets	2 sachets
Orzo <b>13)</b>	180g	240g	360g
Water for the Orzo*	450ml	675ml	900ml
Vegetable Stock Powder <b>10)</b>	1 sachet	2 sachets	2 sachets
King Prawns <b>5)**</b>	150g	250g	300g
Grated Hard Italian Style Cheese <b>7) 8)**</b>	1 pack	2 packs	2 packs

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>353g</b>	<b>100g</b>
Energy (kJ/kcal)	2161 /517	613 /147
Fat (g)	7	2
Sat. Fat (g)	4	1
Carbohydrate (g)	79	23
Sugars (g)	13	4
Protein (g)	32	9
Salt (g)	2.10	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

5) Crustaceans 7) Milk 8) Egg 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

Packed in the UK

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You can recycle me!



## 1 Prep Time

- Fill and boil your kettle.
- Halve, peel and thinly slice the **shallot**.
- Trim the **courgette** then quarter lengthways. Chop widthways into 1-2cm chunks.
- Roughly chop the **parsley** (stalks and all).
- Peel and grate the **garlic** (or use a garlic press).



## 2 Start the Orzo

- Heat a drizzle of **oil** in a frying pan on medium-high heat.
- Once the **oil** is hot, add the **shallot** and **courgette** and stir-fry until starting to go golden, 3-4 mins.
- Stir in the **garlic** and **tomato purée** and cook for 1 minute.



## 3 Cook the Orzo

- Stir the **orzo**, into the pan with the **courgette** followed by the **water** (see ingredients for amount) and the **vegetable stock powder**.
- 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. **TIP:** If the mixture is looking a bit dry and the orzo is not quite cooked, just add a splash of water and keep cooking.



## 4 Cook the Prawns

- When the **orzo** has 4 mins left to cook, stir in the **prawns** and continue cooking for the remaining time. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the centre.



## 5 Cheese Time!

- Once cooked, stir in the **hard Italian style cheese**, then season to taste with **salt** and **pepper**.



## 6 Finish and Serve

- Spoon the **orzo** into bowls.
- Sprinkle on the **parsley**.

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.