



## One-Pot Shrimp and Orzo with Peas and Lemon

One-pot dinners to the rescue! Since everyone seems to love orzo, we thought: why not boil it with tomatoes, shrimp, and aromatics to soak up all the flavor? Sweet green peas are tossed in at the very end, but we have a feeling even the pickiest of eaters won't be complaining about it.



**Prep:** 5 min  
**Total:** 30 min



level 1



nut free



make me first



Yellow Onions



Garlic



Italian Seasoning



Orzo



Diced Tomatoes



Chicken Stock Concentrates



Lemon



Shrimp



Peas



Parmesan Cheese

## Ingredients

		4 People
Yellow Onions		2
Garlic		2 Cloves
Italian Seasoning		1 TBSP
Orzo	1)	12 oz
Diced Tomatoes		2 Cans
Chicken Stock Concentrates		2
Lemon		1
Shrimp	2)	20 oz
Peas		8 oz
Parmesan Cheese	3)	½ Cup
Butter*	3)	4 TBSP
Oil*		2 tsp

\*Not Included

## Allergens

- 1) Wheat
- 2) Shellfish
- 3) Milk

## Tools

Large pot, Zester

**Nutrition per person** Calories: 731 cal | Fat: 22 g | Sat. Fat: 11 g | Protein: 41 g | Carbs: 93 g | Sugar: 14 g | Sodium: 812 mg | Fiber: 10 g



**1 Prep: Wash and dry all produce.** Halve, peel, and finely chop onions. Mince garlic.



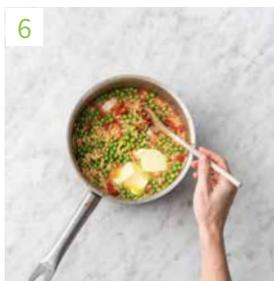
**2 Cook aromatics:** Heat a large drizzle of oil in a large pot over medium high heat. Add onions and Italian seasoning, and toss until softened, 3-4 minutes. Add garlic and cook until fragrant, about 1 minute. Season with salt and pepper.

**3 Add orzo:** Add orzo, diced tomatoes, stock concentrates, and 4 cups water to pot. Bring to a boil, then reduce to a simmer. Cover and cook until orzo is al dente, 10-12 minutes.

**4 Zest lemon:** While orzo simmers, zest and halve lemon.



**5 Add shrimp and peas:** When orzo is al dente, stir in shrimp and peas. Cook until shrimp are opaque and cooked through and peas are bright green, about 5 minutes.



**6 Finish:** Stir in 4 TBSP butter, and season with salt and pepper. Stir in lemon zest and a squeeze of lemon, to taste. Divide orzo between plates, top with Parmesan cheese, and enjoy!

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