



Rockin' Rocket Pesto Orzotto

with Griddled Courgette and Tomato



HELLO FLORA ORIGINAL

Flora Original contains absolutely no preservatives, artificial colours or flavours.



Echalion Shallot



Garlic Clove



Courgette



Vine Tomato



Rocket



Pine Nuts



Italian Style Grated Hard Cheese



Orzo



Vegetable Stock Powder



Flora Original

MEAL BAG
12

- 30 mins
- 2.5 of your 5 a day
- Veggie

A twist on the Italian classic, this risotto-style recipe is made with velvety orzo pasta instead of rice and is full of fresh flavours. We've also given our own spin to a classic pesto recipe, using rocket to give it a peppery kick. Quick and easy to make, this homemade pesto lifts the flavours in this dish, working brilliantly with the charred courgettes and tomatoes. One bite and you'll feel like you're in Italy. Buon appetito!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Mixing Bowl**, **Large Saucepan**, **Measuring Jug** and **Large Frying Pan**. Now, let's get cooking!



1 DO THE PREP

Halve, peel and finely chop the **shallot** into ½cm pieces. Peel and grate the **garlic** (or use a garlic press). Remove the top and bottom from the **courgette**, then cut in half lengthways and chop into 1cm cubes. Chop the **vine tomato** into 1cm cubes. Finely chop **half** the **rocket**. Roughly chop the **pine nuts**.



2 MAKE THE PESTO

Put the **chopped rocket** and **pine nuts** in a mixing bowl. Add the **cheese** and a pinch of **salt** and **pepper**. Pour in the **olive oil** (see ingredients for amount). **★ TIP: Use your best quality olive oil!** Add a **quarter** of the **garlic** (leave it out if you don't like raw garlic) and mix everything together. **★ TIP: If you have a food processor, you can use it here, but we prefer the satisfaction of doing it by hand!**



3 COOK THE ORZO

Heat a drizzle of **oil** in a large saucepan on medium heat. Add the **shallot**. Cook until soft, 3-4 mins. Add the remaining **garlic** and cook for 1 minute more. Add the **orzo** and stir, then pour in the **water** (see ingredients for amount) and **stock powder**. Bring to the boil, then turn the heat down and simmer (stirring occasionally) until the liquid has been absorbed and the **orzo** is soft, 10 mins.



4 CHAR THE COURGETTE

Meanwhile, put a frying pan on medium heat (no oil). Add the **courgette** and cook until charred, turning occasionally, 7-8 mins.



5 FINAL TOUCHES

Once the **orzo** is cooked, stir in the **Flora Original**, **three-quarters** of the **pesto**, the **courgette** and the **tomato**. **★ TIP: If all the liquid has been absorbed and the orzo is not quite done, add a splash of water and keep cooking.**



6 FINISH AND SERVE

Serve the **orzotto** in bowls, topped with the rest of the **rocket** and a spoonful of remaining **pesto**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Echalion Shallot *	1	2	2
Garlic Clove *	2	3	4
Courgette *	1	2	2
Vine Tomato	2	3	4
Rocket *	1 bag	1½ bags	2 bags
Pine Nuts	30g	45g	45g
Italian Style Grated Hard Cheese 7) 8) *	40g	60g	80g
Olive Oil*	2 tbsps	3 tbsps	4 tbsps
Orzo 13)	180g	240g	360g
Water*	400ml	600ml	800ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Flora Original	10g	15g	20g

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING: 390G	PER 100G
Energy (kJ/kcal)	2525/604	647/155
Fat (g)	20	5
Sat. Fat (g)	6	1
Carbohydrate (g)	81	21
Sugars (g)	14	3
Protein (g)	23	6
Salt (g)	1.25	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

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

Flora Original Ingredients: Plant oils (sunflower, rapeseed, palm, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.

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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