



Treat Day Orzo

with Mozzarella, Tomato and Chorizo



HELLO TOMATO PURÉE

Heat helps tomatoes release their lycopene so purée actually contains more of this antioxidant than fresh tomatoes.



Onion



Garlic Clove



Cherry Tomatoes



Thyme



Tomato Purée



Diced Chorizo



Orzo



Water



Vegetable Stock Pot



Mozzarella Cheese



Parmesan Cheese



Baby Spinach

30 mins

2.5 of your 5 a day

Orzo is one of the tiniest pasta shapes out there - at first glance you might mistake one for a grain of rice. They make a great addition to soups and stews but today we're letting them absorb some flavourful stock, a little like a risotto. An orzotto if you will. Enriched with chorizo and not one but two types of cheese, it's a real treat.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Preheat your oven to **200°C**. Make sure you've got a **Fine Grater** (or **Garlic Press**), **Baking Tray**, **Large Saucepan** (with a **Lid**) and a **Measuring Jug**. Now, let's get cooking!



1 PREP THE VEGGIES

Halve, peel and chop the **onion** into roughly 1cm pieces. Peel and grate the **garlic** (or use a garlic press). Cut the **cherry tomatoes** in half. Pick the **thyme leaves** from their stalks (discard the **stalks**).



2 ROAST THE TOMATOES

Pop the **tomatoes** on a baking tray, season with **salt**, **black pepper** and a pinch of **sugar** (if you have some). Roast on the top shelf of your oven for 10 mins. When done, remove from the oven and set aside.



3 COOK THE VEGGIES

Pop the kettle on to boil. Heat a splash of **oil** in a large saucepan on medium heat. Add the **onion** and season with a pinch of **salt** and a grind of **black pepper**. Cook until soft, 5 mins. Next add the **garlic**, **thyme**, **tomato purée** and **chorizo** to the pan. Give everything a good stir. Cook for another 2 mins. Add the **orzo** to the pan and stir again so it gets a good coating of all the other ingredients.



4 COOK THE ORZO

Add the boiling **water** (amount specified in the ingredient list) to the pan along with the **vegetable stock pot**. Stir to dissolve the **stock pot**. Simmer until the liquid has been absorbed and the **orzo** is tender, 8-9 mins.

★ **TIP:** *Stir occasionally to ensure nothing sticks to the bottom of the pan. If the liquid is all absorbed before the orzo is cooked, add another splash of water and give it a couple more mins.*



5 FINISHING TOUCHES

While the orzo cooks, roughly tear the **mozzarella** into small pieces and grate the **parmesan**. When the **orzo** is ready, take the pan off the heat, add the **mozzarella**, half the **parmesan** and the **roasted tomatoes**. Stir gently. Add the **baby spinach** on top and pop a lid on the pan so the **spinach** wilts, 3-4 mins. Stir it through..



6 SERVE

Serve your **orzo** in bowls with the rest of the **parmesan** sprinkled on top. **Enjoy!**

4 PEOPLE INGREDIENTS

| | |
|---------------------------------------|-----------|
| Onion, chopped | 2 |
| Garlic Clove, grated | 4 |
| Cherry Tomatoes, halved | 2 punnets |
| Thyme | 1 bunch |
| Tomato Purée | 30g |
| Diced Chorizo | 2 packs |
| Orzo ¹⁾ | 360g |
| Water* | 800ml |
| Vegetable Stock Pot ^{9) 12)} | 1 |
| Mozzarella Cheese, torn ⁷⁾ | 2 balls |
| Parmesan Cheese, grated ⁷⁾ | 40g |
| Baby Spinach | 1 bag |

*Not Included

| NUTRITION | PER SERVING | PER 100G |
|------------------|-------------|----------|
| Energy (kcal) | 753 | 164 |
| (kJ) | 3164 | 689 |
| Fat (g) | 30 | 6 |
| Sat. Fat (g) | 16 | 3 |
| Carbohydrate (g) | 83 | 18 |
| Sugars (g) | 15 | 3 |
| Protein (g) | 38 | 8 |
| Salt (g) | 3.70 | 0.80 |

ALLERGENS

1)Gluten 7)Milk 9)Celery 12)Sulphites

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser (Tara Gum), **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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