



More Than Food
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Treat Day Tomato, Chorizo and Mozzarella Orzo

This dish uses orzo, a rice shaped pasta ideal for risotto-style dishes. Combined with creamy mozzarella and succulent cherry tomatoes... what more could you want? Our orzo is made by Delverde who use mineral water from the mountains in their pasta, which in our opinion creates something really quite special.



30 mins



2.5 of your
5 a day



Onion (2)



Garlic Clove (4)



Cherry Tomatoes
(2 punnets)



Thyme (1 bunch)



Tomato Purée
(2 tbsp)



Chorizo (2 packs)



Orzo (360g)



Water (800ml)



Vegetable Stock Pot (1)



Mozzarella Cheese
(2 balls)



Parmesan Cheese
(40g)



Baby Spinach (1 bag)

4 PEOPLE INGREDIENTS

- Onion, chopped **2**
- Garlic Clove, chopped **4**
- Cherry Tomatoes, halved **2 punnets**
- Thyme **1 bunch**
- Tomato Purée **2 tbsp**
- Chorizo **2 packs**
- Orzo **360g**
- Water **800ml**
- Vegetable Stock Pot **1**
- Mozzarella Cheese **2 balls**
- Parmesan Cheese **40g**
- Baby Spinach **1 bag**

Allergens: Celery, Sulphites, Gluten, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	788 kcal / 3309 kJ	34 g	18 g	76 g	11 g	43 g	4 g
Per 100g	156 kcal / 654 kJ	7 g	4 g	15 g	2 g	9 g	1 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Despite its rice shape, orzo is not made from rice but of hard wheat semolina - just like pasta!

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

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1 Preheat your oven to 200 degrees. Cut the **onion** in half through the root, peel and chop into roughly 2cm pieces. Peel and chop the **garlic**. Cut the **cherry tomatoes** in half. Pull the leaves off the **thyme** stalks using your finger and thumb.

2 Put a large frying pan on medium heat with a splash of **oil** and add your **onion, garlic**, a pinch of **salt** and a good grind of **black pepper**. Cook for 5 mins until soft. **Tip:** *If your onion starts to colour, turn the heat down.* While your onion is cooking, boil the **water** (amount specified in the ingredient list) in your kettle.

3 Meanwhile, pop your **cherry tomatoes** onto a baking tray, sprinkle with a pinch of **salt**, a good grind of **black pepper** and a pinch of **sugar** (if you have some). Roast in your oven on the top shelf for 10 mins. When the 10 mins are up, take them out of your oven and put to the side for later.

4 When your onion is soft add your **thyme leaves, tomato purée** and **chorizo** to the pan. Give everything a good stir and cook for another 2 mins.

5 Add the **orzo** to the pan and stir, so it gets a good coating of **oil** and **tomato purée**, then add your **boiling water** and the **vegetable stock pot**. Stir gently to combine and dissolve your stock pot and slowly bubble away for 8-9 mins, until the liquid has been absorbed and your **orzo** is 'al dente' (i.e. there is just a hint of firmness left in the middle). **Tip:** *Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle. Make sure you stir a few times to ensure the orzo does not stick to the bottom of the pan. Tip: if the liquid is all absorbed before the pasta is cooked, simply add another splash of water and continue cooking until the pasta is done.*

6 While your **orzo** is cooking, roughly tear the **mozzarella** into small pieces and grate the **parmesan**.

7 When your **orzo** is cooked, take the pan off the heat, add your **mozzarella**, half of your **parmesan** and your roasted **cherry tomatoes** and stir everything together. Pop the **spinach** on top and put a lid on for 3 mins to allow your **spinach** to steam, then stir that in too.

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

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!

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