



Courgette and Parsley Orzo

with cheese and chilli garnish

Veggie Calorie Smart 40-45 mins • Optional spice

10



Courgette



Grated Italian Style Hard Cheese



Chilli



Parsley



Hello Muscat



Pine Nuts



Dried Orzo



Onion



Garlic

Before you start

Our fruit, veg and herbs need a wash before you use them!
We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pan with lid

Ingredients

	2P	4P
Courgette	2 units	4 units
Grated Italian Style Hard Cheese	50 g	100 g
Chilli	1 unit	2 units
Parsley	5 g	10 g
Hello Muscat	2 sachets	4 sachets
Pine Nuts	10 g	20 g
Dried Orzo	170 g	335 g
Onion	1 unit	2 units
Garlic	2 units	4 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	412.5 g	100 g
Energy (kJ/kcal)	2133.8 kJ/ 510 kcal	517.3 kJ/ 123.6 kcal
Fat (g)	12.5 g	3 g
Sat. Fat (g)	5.7 g	1.4 g
Carbohydrate (g)	79.6 g	19.3 g
Sugars (g)	11 g	2.7 g
Protein (g)	24 g	5.8 g
Salt (g)	3.1 g	0.8 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

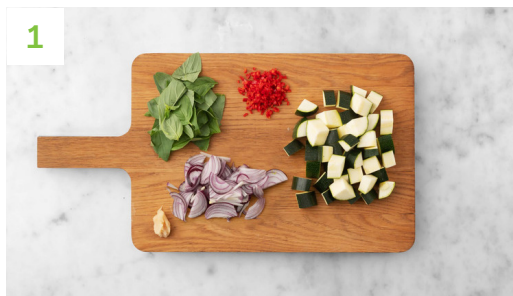
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
Head online or use the app to rate this recipe.

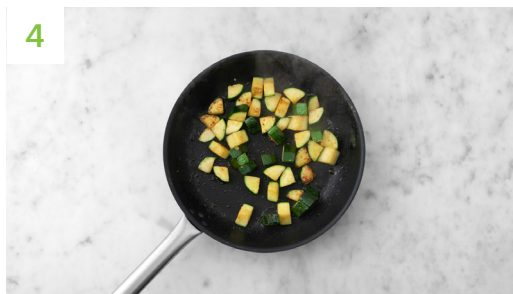


You can recycle me!



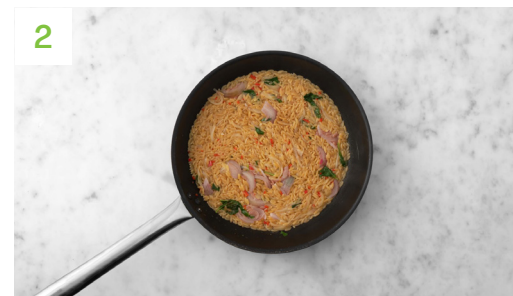
Get Prepped

- Peel and grate the **garlic** (or use a garlic press).
- Halve the **chilli** lengthways. Deseed and finely chop.
- Trim the **courgette** then chop into 2cm cubes.
- Roughly chop the **parsley** (stalks and all).
- Halve, peel and thinly slice the **onion**.



Char the Courgette

- Return the pan to high heat (without oil).
- Once hot, cook the **courgette** until charred, 6-8 mins. Shift only occasionally—this will result in the **courgette** picking up some nice colour.
- Once cooked, season with **salt** and **pepper**.



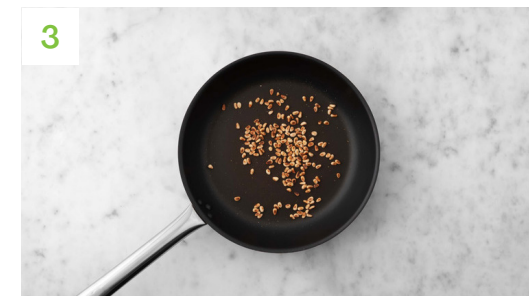
Make the Orzo

- Place a pan over medium-high heat with a drizzle of **oil** and 1 tbsp **butter** (double for 4p).
- Fry the **onion** and **garlic** until softened, stirring occasionally, 4-5 mins.
- Add the **orzo** and **muscat** along with 400ml **water** (double for 4p).
- Stir in the chopped **chilli** (use less if you don't like spice) and **half** the **parsley**.
- Bring to the boil, cover and simmer until the **orzo** is al dente, 15-20 mins. Stir every 3-4 mins to prevent sticking.



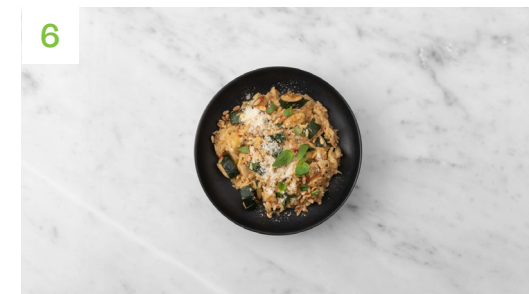
Finishing Touches

- Once the **orzo** is cooked, add **half** the **cheese**.
- Stir through the charred **courgette**.
- Season to taste with **salt** and **pepper**.



Toast the Pine Nuts

- Meanwhile, place a separate pan over medium heat (without oil).
- Dry-fry the **pine nuts** until toasted, shifting occasionally, 2-3 mins.
- Remove from the pan and set aside.



Garnish and Serve

- Divide your **courgette orzo** between bowls.
- Garnish with **pine nuts**, remaining **parsley** and **grated cheese**.

Enjoy!