



Spinach and Mushroom Orzo

with blistered cherry tomatoes and sprinkled walnuts

Veggie Calorie Smart 45-50 mins

10



Baby Spinach



Garlic



Hello Muscat



Grated Italian Style Hard Cheese



Cherry Tomatoes



Red Wine Vinegar



Walnuts



Leek



Mushrooms



Dried Orzo

Pantry Items: Oil, Salt, Pepper, Butter, Water

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

Baking sheet with baking paper, grater, pot with lid

Ingredients

	2P	4P
Baby Spinach	60 g	120 g
Garlic	2 units	4 units
Hello Muscat	2 sachets	4 sachets
Grated Italian Style Hard Cheese	25 g	50 g
Cherry Tomatoes	125 g	250 g
Red Wine Vinegar	1 sachet	2 sachets
Walnuts	20 g	40 g
Leek	½ unit	1 unit
Mushrooms	150 g	250 g
Dried Orzo	170 g	335 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	342.5 g	100 g
Energy (kJ/kcal)	2097 kJ/ 501 kcal	612 kJ/ 146 kcal
Fat (g)	12.7 g	3.7 g
Sat. Fat (g)	3.6 g	1.1 g
Carbohydrate (g)	76.9 g	22.5 g
Sugars (g)	9.2 g	2.6 g
Protein (g)	20.5 g	6 g
Salt (g)	3 g	0.9 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.

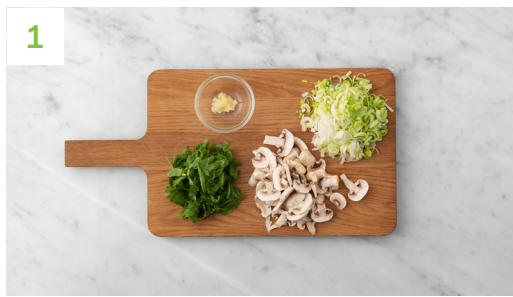
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
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You can recycle me!



Get Prepped

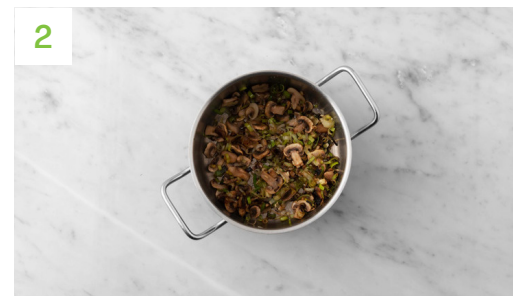
- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Thinly slice the **mushrooms**.
- Trim the **leek** then halve lengthways. Thinly slice **half** (double for 4p) widthways.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **spinach**.



Roast the Tomatoes

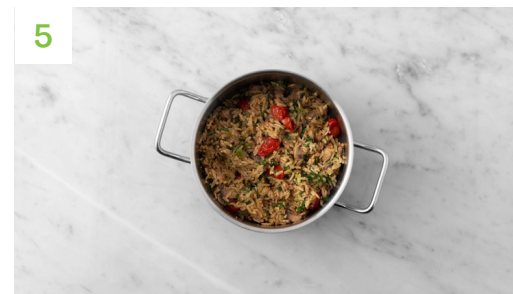
- Meanwhile, add **tomatoes** and 1 tbsp **oil** (double for 4p) to a lined baking tray.
- Season with **salt** and **pepper** then toss to coat.
- Roast on the middle shelf of the oven until **tomatoes** start to burst, 10-11 mins.

TIP: Keep your eye on them so they don't burn!



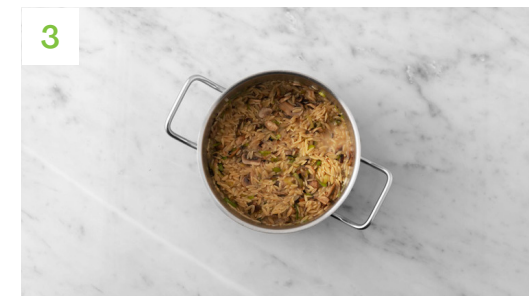
Soften the Veg

- Place a large pot over medium-high heat with a drizzle of **oil**.
- When hot, add the **leek** and **mushrooms**. Season with **salt**.
- Cook until softened, stirring occasionally, 2-3 mins.
- Add the **garlic** and **vinegar**.
- Cook, stirring constantly, until fragrant, 1-2 mins.



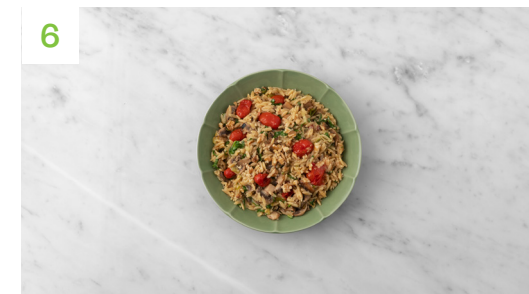
Wilt the Spinach

- When the **orzo** is cooked, add the **cheese** and **spinach** to the pot.
- Stir until **spinach** wilts, 3-4 mins.
- Mix through the roasted **tomatoes**.
- Season to taste with **salt** and **pepper**.
- Roughly chop the **walnuts**.



Stir in the Stock

- Add the **orzo**, **muscat**, 400ml **water** and 2 tbsp **butter** (double both for 4p) to the pot.
- Bring to the boil, cover and simmer until the **orzo** is al dente, 15-20 mins.
- Stir every 3-4 mins to prevent sticking.



Finish and Serve

- Divide your veggie **orzo** between bowls.
- Finish with a sprinkling of **walnuts**.

Enjoy!