



Cajun Spiced Orzo Salad with Greek style cheese and courgette

Veggie 20-25 mins

7



Cherry Tomatoes



Courgette



Onion



Chickpeas



Cajun Spice Mix



Aioli



Greek Style Cheese



Pumpkin Seeds



Parsley



Red Wine Vinegar



Dried Orzo

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

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, sieve

Ingredients

	2P	4P
Cherry Tomatoes	125 g	250 g
Courgette	1 unit	2 units
Onion	½ unit	1 unit
Chickpeas	1 pack	2 packs
Cajun Spice Mix	2 sachets	4 sachets
Aioli	2 sachets	4 sachets
Greek Style Cheese	100 g	200 g
Pumpkin Seeds	10 g	20 g
Parsley	10 g	20 g
Red Wine Vinegar	1 sachet	2 sachets
Dried Orzo	170 g	335 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	599.5 g	100 g
Energy (kJ/kcal)	4313.7 kJ/ 1031 kcal	719.6 kJ/ 172 kcal
Fat (g)	52.2 g	8.7 g
Sat. Fat (g)	13.3 g	2.2 g
Carbohydrate (g)	94.1 g	15.7 g
Sugars (g)	11.9 g	2 g
Protein (g)	34.1 g	5.7 g
Salt (g)	2.9 g	0.5 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.



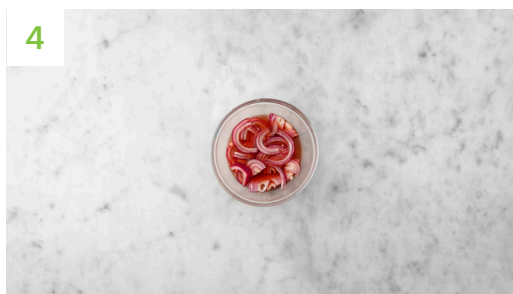
You can recycle me!



Roast the Chickpeas

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Boil a large pot of **salted water** for the **orzo**.
- Drain and rinse the **chickpeas** in a sieve.
- Pop onto a lined baking tray. Toss with a drizzle of **oil**, **half the cajun spice**, and a pinch of **salt** and **pepper**.
- When the oven is hot, roast on the top shelf until the **chickpeas** are crunchy, 15-20 mins. Turn halfway through.

TIP: If you're in a hurry you can boil the water in your kettle.



Cook the Courgette

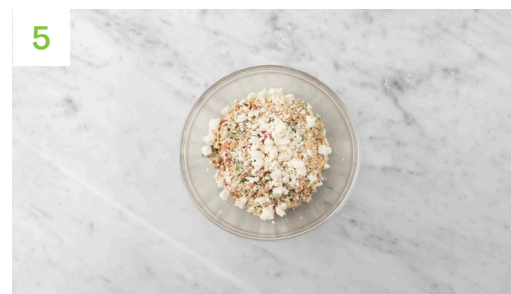
- Toss the **courgette** in the remaining **cajun spice**, **salt**, **pepper** and a drizzle of **oil**.
- Lay in a single layer on a lined baking tray and roast until golden, 8-10 mins.
- Pop the sliced **onion** into a small bowl along with the **vinegar** and ½ tsp **sugar** (double for 4p).
- Add a pinch of **salt**, mix together and set aside.

TIP: Use the same tray for the chickpeas and courgette if there's space for both.



Make the Orzo

- When the **water** is boiling, add the **orzo** and bring back to the boil.
- Cook until al dente, 10-12 mins.
- Once cooked, drain in a sieve and pop back in the pot.
- Drizzle with **oil** and stir through to prevent sticking.



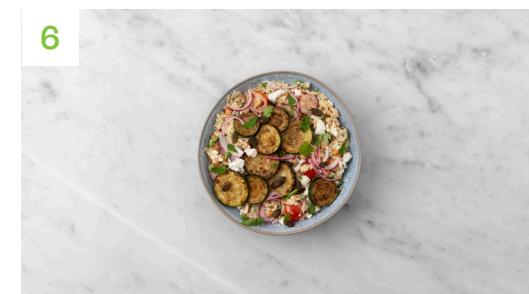
Toss the Salad

- In a large bowl toss the cooked **orzo**, **chickpeas**, **cherry tomatoes** and **half the parsley** with the **aioli**.
- Season to taste with **salt** and **pepper**.
- Crumble the **Greek style cheese**.



Get Prepped

- Meanwhile, halve the **cherry tomatoes**.
- Roughly chop the **parsley** (stalks and all).
- Trim the **courgette** and slice into 1cm thick rounds.
- Halve, peel and slice **half the onion** (double for 4p) as thinly as you can.



Finish and Serve

- Divide the **orzo** salad between bowls.
- Arrange the pickled **onion** and roasted **courgette** on top.
- Finish with a scattering of **pumpkin seeds**, **Greek style cheese** and the remaining chopped **parsley**.

Enjoy!