



Paella-style Prawn Orzo

with parsley and lime

Calorie Smart Quick Cook 25-30 mins • Eat me first

12



Prawns



Dried Orzo



Bell Pepper



Garlic



Tomato Paste



Parsley



Lime



Paprika



Ground Cumin

Pantry Items: Oil, Salt, Pepper, Water, Butter (Optional), 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

Grater, pan with lid

Ingredients

	2P	4P
Prawns	180 g	360 g
Dried Orzo	170 g	335 g
Bell Pepper	1 unit	2 units
Garlic	2 units	4 units
Tomato Paste	1 tin	2 tins
Parsley	10 g	20 g
Lime	1 unit	2 units
Paprika	2 sachets	4 sachets
Ground Cumin	2 sachets	4 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	347 g	100 g
Energy (kJ/kcal)	1861.9 kJ/ 445 kcal	536.6 kJ/ 128.2 kcal
Fat (g)	2.7 g	0.8 g
Sat. Fat (g)	0.5 g	0.1 g
Carbohydrate (g)	76.7 g	22.1 g
Sugars (g)	12.9 g	3.7 g
Protein (g)	28.6 g	8.2 g
Salt (g)	1.9 g	0.6 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.

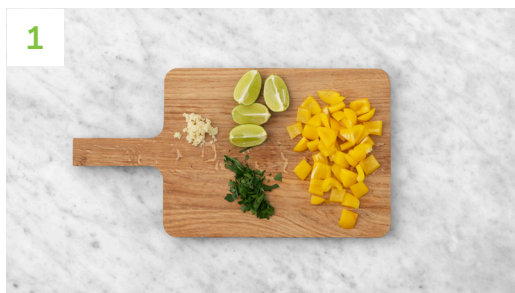
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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

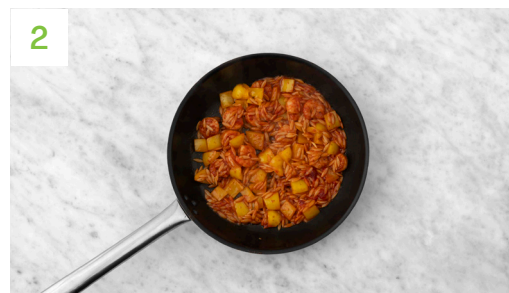


You can recycle me!



Get Prepped

- Peel and grate the **garlic** (or use a garlic press).
- Quarter the **lime**.
- Halve the **pepper** and discard the core and seeds. Chop into 2cm chunks.
- Roughly chop the **parsley** (stalks and all).



Time to Fry

- Place a large pan over medium-high heat.
- Once hot, fry the **pepper** until starting to soften, 3-4 mins.
- Drizzle in some **oil** (if required) then add the **cumin**, **paprika** and **garlic**. Fry until fragrant, 1 min.
- Add the **tomato paste**, **prawns** and **orzo** and cook, stirring, 1-2 mins. **IMPORTANT:** Wash hands and equipment after handling raw prawns.



Simmer the Orzo

- Pour 400ml **water** into the pan along with ½ tsp **sugar**, ½ tsp **salt** (double all for 4p) and a knob of **butter** (if you have any).
- Bring to the boil, cover and simmer until the **orzo** is al dente, 15-20 mins.
- Stir every 3-4 mins or so to prevent sticking.
- Once cooked, season to taste with **salt** and **pepper**. **IMPORTANT:** Prawns are cooked when pink on the outside and opaque in the middle.



Finish and Serve

- Stir **half** the chopped **parsley** through the **orzo**.
- Divide your creamy **orzo** between bowls.
- Top with **lime** wedges for squeezing over.
- Finish with a sprinkling of remaining chopped **parsley**.

Enjoy!