



Cajun Spiced Orzo Salad with Greek style cheese and courgette

Veggie Quick Cook 20-25 mins

21



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



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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	5 g	10 g
Red Wine Vinegar	1 sachet	2 sachets
Dried Orzo	170 g	335 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	597 g	100 g
Energy (kJ/kcal)	4309.5 kJ/ 1030 kcal	721.9 kJ/ 172.5 kcal
Fat (g)	52.2 g	8.7 g
Sat. Fat (g)	13.3 g	2.2 g
Carbohydrate (g)	93.9 g	15.7 g
Sugars (g)	12 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.

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Roast the Chickpeas

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Boil a large pot of **salted water** for the **orzo**.
- Drain and rinse the **chickpeas** in a sieve.
- Pop the **chickpeas** 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.



Pickle the Onion

- 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.
- Meanwhile, 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.



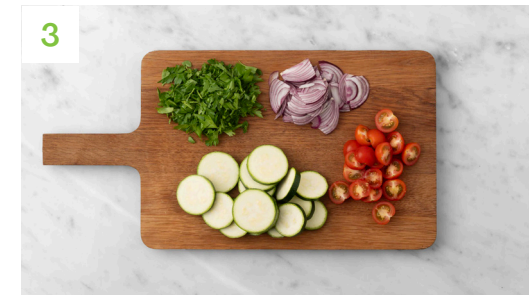
Make the Orzo

- 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, off the heat.
- Drizzle with **oil** and stir through to prevent sticking.



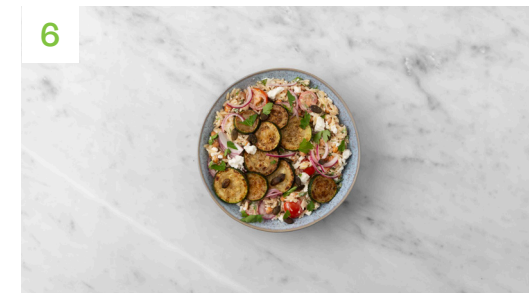
Toss the Salad

- Add the cooked **orzo**, **chickpeas**, **cherry tomatoes**, **aioli** and **half** the **parsley** to a large bowl.
- Crumble in **half** the **Greek style cheese** and toss until everything is coated and evenly distributed.
- Season to taste with **salt** and **pepper**.



Get Prepped

- Meanwhile, halve the **cherry tomatoes**.
- Roughly chop the **parsley** (stalks and all).
- Trim the **courgette** and slice into 1cm thick rounds
- Halve and peel the **onion**. Slice **half** (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**, remaining **Greek style cheese** and remaining chopped **parsley**.

Enjoy!