



# Parsley and Pesto Orzo

with green peas and chilli garnish

Veggie 30-35 mins • Optional spice

7



Dried Orzo



Grated Italian Style Hard Cheese



Garlic



Chilli



Hello Muscat



Onion



Parsley



Peas



Green Pesto



Crema Fraiche

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



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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

Grater, pan with lid

## Ingredients

	2P	4P
Dried Orzo	170 g	335 g
Grated Italian Style Hard Cheese	50 g	100 g
Garlic	2 units	4 units
Chilli	1 unit	2 units
Hello Muscat	2 sachets	4 sachets
Onion	2 units	4 units
Parsley	5 g	10 g
Peas	120 g	240 g
Green Pesto	1 sachet	2 sachets
Crema Fraiche	65 g	110 g

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>312.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2790.7 kJ/ 667 kcal	893 kJ/ 213.4 kcal
Fat (g)	27.9 g	8.9 g
Sat. Fat (g)	11.6 g	3.7 g
Carbohydrate (g)	80 g	25.6 g
Sugars (g)	12.2 g	3.9 g
Protein (g)	24.5 g	7.8 g
Salt (g)	4.4 g	1.4 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

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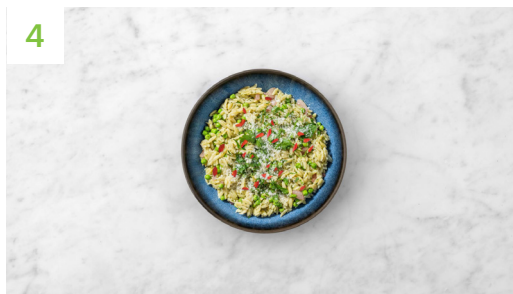


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## Get Prepped

- Peel and grate the **garlic** (or use a garlic press).
- Halve the **chilli** lengthways, deseed and finely chop.
- Roughly chop the **parsley** (stalks and all).
- Halve, peel and thinly slice the **onion**.



## Garnish and Serve

- Divide your **pea** and **pesto orzo** between bowls.
- Garnish with remaining **parsley**, **chilli** and **cheese**.

## Enjoy!



## Cook the Orzo

- Place a pan over medium-high heat with 1 tbsp **butter** (double for 4p) and a drizzle of **oil**.
- Once hot, fry the **onion** and **garlic** until softened, stirring occasionally, 4-5 mins.
- Add the **orzo** and **muscat** along with 400ml **water** (double for 4p).
- Bring to the boil, cover and simmer until the **orzo** is al dente, 15-20 mins. Give it a stir every few mins to prevent sticking.



## Finishing Touches

- Once the **orzo** is cooked, stir through the **creme fraiche**, **peas**, **pesto**, **half** the **cheese** and a knob of **butter**.
- Stir in **half** the **chilli** (use less if you don't like spice) and **half** the **parsley**.
- Cook, stirring to warm through, 1 min.
- Taste and season with **salt** and **pepper**.

**TIP:** Add a little water if you feel the orzo is too dry.