



# Spinach and Mushroom Orzo

with sprinkled hazelnuts

Veggie Calorie Smart 25-30 mins

14



Baby Spinach



Garlic



Hello Muscat



Grated Italian Style Hard Cheese



Hazelnuts



Leek



Mushrooms



Dried Orzo



Creme Fraiche

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



Rate your recipe!

## 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, 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	1 unit	2 units
Hazelnuts	10 g	20 g
Leek	½ unit	1 unit
Mushrooms	150 g	250 g
Dried Orzo	170 g	335 g
Crema Fraiche	65 g	110 g

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>297.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2205 kJ/ 527 kcal	741 kJ/ 177 kcal
Fat (g)	16.7 g	5.6 g
Sat. Fat (g)	8 g	2.7 g
Carbohydrate (g)	75.5 g	25.4 g
Sugars (g)	8.8 g	3 g
Protein (g)	19.4 g	6.5 g
Salt (g)	3.9 g	1.3 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.

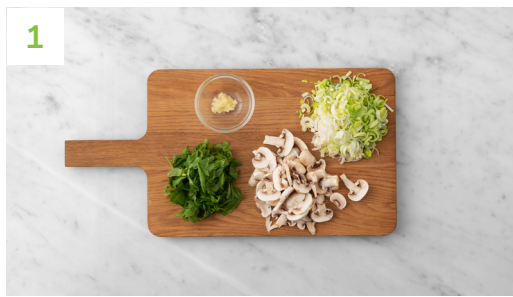
## Contact

Share your creations with  
#HelloFreshIreland

Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)

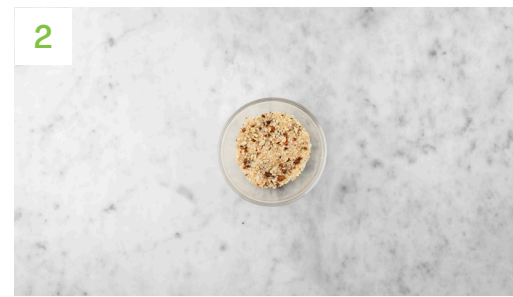


You can recycle me!



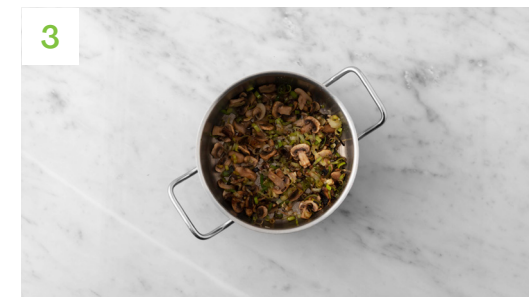
## Get Prepped

- Roughly chop 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**.



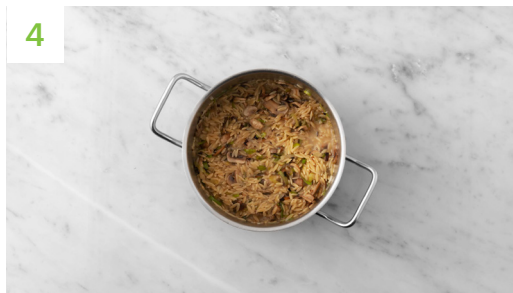
## Toast the Nuts

- Bash or roughly chop the **hazelnuts**.
- Place a large pot over medium heat (no oil).
- Once hot, dry-fry the **hazelnuts** until toasted, stirring regularly, 2-3 mins.
- Remove from the pot and set aside.



## Soften the Veg

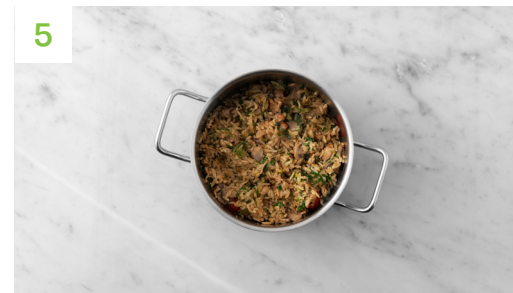
- Return the pot to medium-high heat with a drizzle of **oil**.
- When hot, add the **leek** and **mushrooms**. Season with **salt**.
- Cook until softened, stirring occasionally, 2-3 mins.
- Add the **garlic** and cook, stirring constantly, until fragrant, 1-2 mins.



## Stir in the Stock

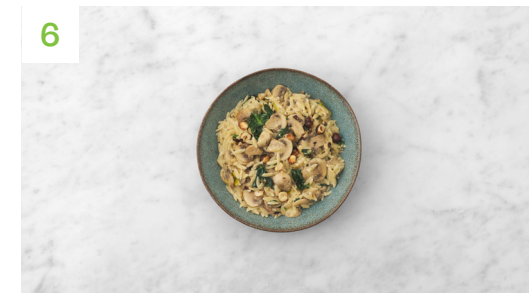
- Add the **orzo**, **muscat**, 400ml **water** and 1 tbsp **butter** (double both for 4p) to the pot.
- Bring to the boil, cover and simmer until the **orzo** is al dente, 15-20 mins.
- Stir every 3-4 mins to prevent sticking.

**TIP:** Add a little water if the orzo is too dry or undercooked.



## Wilt the Spinach

- When the **orzo** is cooked, add the **cheese**, **crema fraiche** and **spinach** to the pot.
- Stir until the **spinach** is wilted, 3-4 mins.
- Add a splash more **water** if required.
- Season to taste with **salt** and **pepper**.



## Finish and Serve

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

**Enjoy!**