



# Pea and Pesto Orzo

with cheese and chilli garnish

30 – 35 mins • Veggie • Optional spice

10



Dried Orzo



Grated Italian Style Hard Cheese



Garlic



Chilli



Onion



Parsley



Peas



Green Pesto



Creme Fraiche



Stock

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	2 units	4 units
Garlic	2 units	4 units
Chilli	1 unit	2 units
Onion	1 unit	2 units
Parsley	5 g	10 g
Peas	120 g	240 g
Green Pesto	30 g	60 g
Crema Fraiche	65 g	110 g
Stock	2 sachets	4 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>292.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2569 kJ/ 614 kcal	878.3 kJ/ 209.9 kcal
Fat (g)	22.6 g	7.7 g
Sat. Fat (g)	10.4 g	3.6 g
Carbohydrate (g)	78.9 g	27 g
Sugars (g)	11.5 g	3.9 g
Protein (g)	23.3 g	8 g
Salt (g)	3.8 g	1.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

## 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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## 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**.



## Soften the Veg

- Place a pan over medium-high heat with a knob of **butter** and a drizzle of **oil**.
- Once hot, add the **onion** and **garlic**.
- Fry until softened, stirring occasionally, 4-5 mins.



## Add the Orzo

- Add the **orzo** and **stock** along with 400ml **water** (per 2P).
- 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.



## Stir in the Stock

- Once the **orzo** is cooked, add the **crema fraiche**, **pesto**, **half** the **cheese** and a knob of **butter**.
- Stir until well incorporated.



## Finishing Touches

- Add the **peas**, **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.



## Garnish and Serve

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

**Enjoy!**