



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



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.

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

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

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	878.3 kJ/ 209.9 kcal
Fat (g)	7.7 g
Sat. Fat (g)	3.6 g
Carbohydrate (g)	27 g
Sugars (g)	3.9 g
Protein (g)	8 g
Salt (g)	1.3 g

See site or app for detailed nutritional info.


Allergens

For allergen information please refer to the website or individual ingredient labels.

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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.



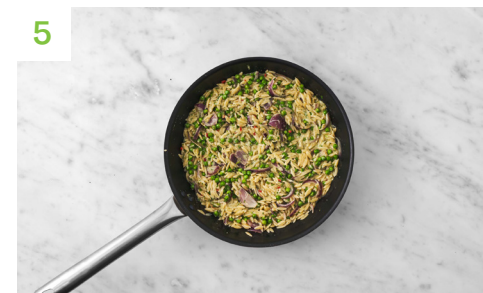
Add the Orzo

- 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 Pesto

- Once the **orzo** is cooked, add the **creme 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**.



Garnish and Serve

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

Enjoy !

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