



# Chilli and Cherry Tomato Orzo

with mushrooms and grated Italian cheese

25 – 30 mins • Veggie • Optional spice

24



Dried Orzo



Cherry Tomatoes



Garlic



Chilli



Grated Italian Style Hard Cheese



Mushrooms



Parsley



Creme Fraiche



Stock



Sun Dried Tomato Paste

Pantry Items: Sugar, Butter, Salt, Pepper, 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, pot with lid

## Ingredients

	2P	4P
Dried Orzo	170 g	335 g
Cherry Tomatoes	250 g	500 g
Garlic	2 units	4 units
Chilli	1 unit	2 units
Grated Italian Style Hard Cheese	2 units	4 units
Mushrooms	150 g	250 g
Parsley	5 g	10 g
Crema Fraiche	65 g	110 g
Stock	2 sachets	4 sachets
Sun Dried Tomato Paste	1 sachet	2 sachets

## Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	679.4 kJ/ 162.4 kcal
Fat (g)	6.7 g
Sat. Fat (g)	3.7 g
Carbohydrate (g)	19.8 g
Sugars (g)	3.2 g
Protein (g)	5.9 g
Salt (g)	1 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).
- Roughly chop the **mushrooms**.
- Halve the **chilli** lengthways. Deseed and finely chop.
- Roughly chop the **parsley** (stalks and all).



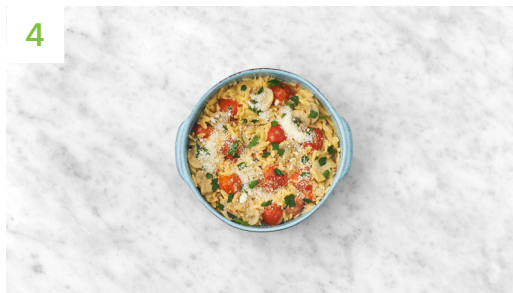
## Soften the Veg

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **garlic, mushrooms** and **cherry tomatoes** until softened, stirring occasionally, 4-6 mins.



## Cook the Orzo

- Add **stock**, 400ml **water** (per 2P), ½ tsp **sugar** (per 2P), ½ tsp **salt** (per 2P) and 1 tbsp **butter** (per 2P) to the pot.
- Stir in **half** the **parsley** along with the **orzo**, and chopped **chilli** (use less if you don't like spice).
- Bring to the boil, cover and simmer until the **orzo** is softened, 15-20 mins. Stir every 3-4 mins to prevent sticking.
- Once cooked, stir through the **creme fraiche** and **sun-dried tomato paste**. Season to taste with **salt** and **pepper**.



## Garnish and Serve

- Divide your creamy **cherry tomato orzo** between bowls.
- Top with a scattering of **cheese** and remaining **parsley**.

Enjoy!