



Spinach and Mushroom Orzo

with sprinkled hazelnuts

25 – 30 mins • Veggie

10



Baby Spinach



Garlic



Grated Italian Style Hard Cheese



Hazelnuts



Leek



Mushrooms



Dried Orzo



Creme Fraiche



Stock

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.

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
Baby Spinach	60 g	120 g
Garlic	2 units	4 units
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
Stock	1 sachet	2 sachets

Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	742.6 kJ/ 177.5 kcal
Fat (g)	5.6 g
Sat. Fat (g)	2.7 g
Carbohydrate (g)	25.2 g
Sugars (g)	2.9 g
Protein (g)	6.7 g
Salt (g)	0.9 g

See site or app for detailed nutritional info.

Allergens

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

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

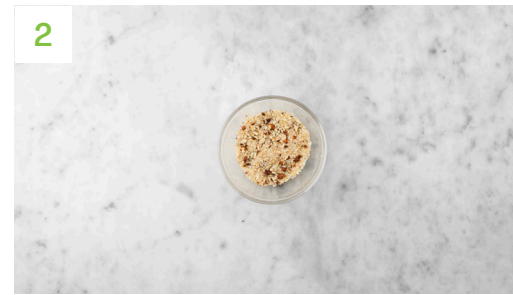
- Roughly chop the **mushrooms**.
- Trim the **leek** then halve lengthways. Thinly slice **half a leek** (per 2P) widthways.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **spinach**.



Stir in the Stock

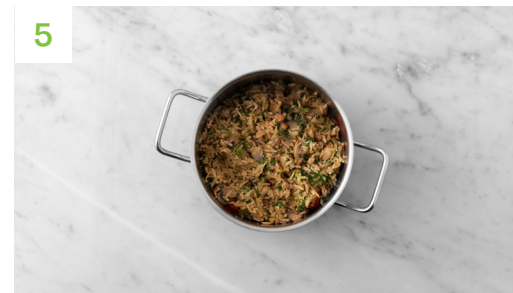
- Add the orzo, **stock**, 400ml **water** (per 2P) and a knob of **butter** to the pot.
- Bring to the boil, cover and simmer until the **orzo** is al dente, 15-20 mins.
- Stir every 3-4 mins to prevent sticking.

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



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.



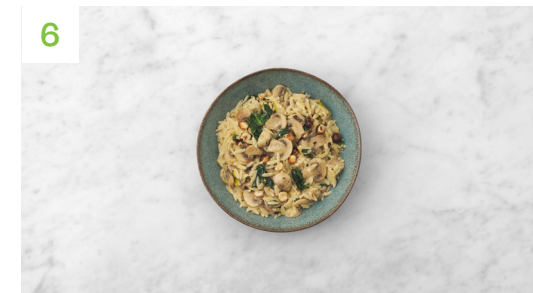
Wilt the Spinach

- 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**.



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.



Finish and Serve

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

Enjoy!