



# Chilli and Cherry Tomato Orzo

with mushrooms and grated Italian cheese

Veggie Calorie Smart 25-30 mins

10



Dried Orzo



Cherry Tomatoes



Garlic



Chilli



Grated Italian Style Hard Cheese



Mushrooms



Parsley



Hello Muscat



Creme Fraiche

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



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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, 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
Hello Muscat	1 sachet	2 sachets
Creme Fraiche	65 g	110 g

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	355 g	100 g
Energy (kJ/kcal)	2146 kJ/ 513 kcal	605 kJ/ 145 kcal
Fat (g)	15.9 g	4.5 g
Sat. Fat (g)	9.8 g	2.8 g
Carbohydrate (g)	72.2 g	20.3 g
Sugars (g)	9.6 g	2.7 g
Protein (g)	21.3 g	6 g
Salt (g)	2.5 g	0.7 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.

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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 **muscat**, 400ml **water**, ½ tsp **sugar**, ½ tsp **salt** and 1 tbs **butter** (double all for 4p) 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 **half** the **cheese**. Season to taste with **salt** and **pepper**.



## Garnish and Serve

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

## Enjoy!