



# Creamy Pesto and Asparagus Orzo with Cheese and Balsamic Drizzle

Winter Warmers 20-25 Minutes • 1 of your 5 a day

21



Orzo



Garlic Clove



Asparagus



Double Cream



Vegetable Stock Paste



Baby Spinach



Fresh Pesto



Grated Hard Italian Style Cheese



Balsamic Glaze



Bacon Lardons

### Pantry Items

Oil, Salt, Pepper, Sugar, Butter

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, garlic press, sieve and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Orzo <b>13)</b>	180g	270g	360g
Garlic Clove**	2	3	4
Asparagus**	100g	150g	200g
Double Cream** <b>7)</b>	150g	225g	300g
Vegetable Stock Paste <b>10)</b>	15g	25g	30g
Baby Spinach**	100g	150g	200g
Fresh Pesto** <b>7)</b>	32g	48g	64g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	40g	40g
Balsamic Glaze <b>14)</b>	12ml	18ml	24ml
Bacon Lardons**	90g	120g	180g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	75ml	115ml	150ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	360g	100g	405g	100g
Energy (kJ/kcal)	3765 / 900	1047 / 250	4253 / 1016	1051 / 251
Fat (g)	56.2	15.6	65.3	16.1
Sat. Fat (g)	31.1	8.7	34.0	8.4
Carbohydrate (g)	76.9	21.4	77.8	19.2
Sugars (g)	12.3	3.4	12.3	3.1
Protein (g)	20.1	5.6	27.8	6.9
Salt (g)	2.91	0.81	4.14	1.02

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **8)** Egg **10)** Celery **13)** Cereals containing gluten  
**14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Get Started

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Bring a large saucepan of **water** to the boil with **½ tsp salt**.
- When boiling, add the **orzo** to the **water** and bring back to the boil. Cook until tender, 10 mins.



## Creamy Sauce Time

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **garlic** and fry until fragrant, 30 secs.
- Stir the **double cream, veg stock paste, sugar and water for the sauce** (see pantry for both amounts) into the pan.
- Bring to the boil, then reduce the heat and simmer until thickened, 3-4 mins.

### CUSTOM RECIPE

If you've chosen to add **bacon lardons**, add them to the pan before the **garlic**. Stir-fry until golden, 4-5 mins, then add the **garlic** and continue as instructed. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.



## Prep the Veg

- Meanwhile, peel and grate the **garlic** (or use a garlic press).
- Trim the **asparagus** and cut into thirds.



## All Together Now

- Once the **sauce** has thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.
- Stir through the **pesto, cheese and butter** (see pantry for amount) until the **cheese and butter** have melted.
- Stir the **cooked orzo and asparagus** into the **sauce** until piping hot.
- Season with **salt and pepper**. Add a splash of **water** if you feel it needs it.



## Blanch the Asparagus

- When the **pasta** has 2 mins left, add the **asparagus** to the **orzo** and cook until tender, 1-2 mins.
- Once cooked, drain the **pasta and asparagus** in a sieve and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



## Serve

- Share the **creamy pesto orzo** between your serving bowls.
- Drizzle over the **balsamic glaze**.

## Enjoy!