



Creamy Cajun Spiced Chorizo Orzo

with Peas and Toasted Breadcrumb Topping

Quick 20-25 Minutes • **Medium Spice** • 1 of your 5 a day

14



-  Breadcrumbs
-  Garlic Clove
-  Orzo
-  Diced Chorizo
-  Cajun Spice Mix
-  Tomato Puree
-  Creme Fraiche
-  Chicken Stock Paste
-  Peas
-  Grated Hard Italian Style Cheese

Pantry Items
Oil, Salt, Pepper, Sugar, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Frying pan, kettle, garlic press, bowl, saucepan and sieve.

Ingredients

Ingredients	2P	3P	4P
Breadcrumbs 13)	25g	35g	50g
Garlic Clove**	2	3	4
Orzo 13)	180g	270g	360g
Diced Chorizo**	60g	90g	120g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Creme Fraiche** 7)	150g	225g	300g
Chicken Stock Paste	10g	15g	20g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** 7) 8)	20g	40g	40g
Pantry	2P	3P	4P
Sugar*	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 for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3883 /928	1098 /262
Fat (g)	48.2	13.6
Sat. Fat (g)	26.4	7.5
Carbohydrate (g)	94.6	26.7
Sugars (g)	14.4	4.1
Protein (g)	29.9	8.5
Salt (g)	3.73	1.05

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

Allergens

7) Milk **8)** Egg **13)** Cereals containing gluten

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 Toasty

- Heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **breadcrumbs**. Season with **salt** and **pepper** and fry, stirring regularly, until lightly toasted, 3-4 mins. **TIP: Watch it like a hawk as they can burn easily.**
- Meanwhile, boil a full kettle.
- Peel and grate the **garlic** (or use a garlic press).



Sauce Things Up

- Stir the **creme fraiche**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts) into the frying pan.
- Bring to the boil, then reduce the heat and simmer until thickened, 3-4 mins.



Boil the Pasta

- Once toasted, transfer the **crumbs** to a small bowl and set aside.
- Pour the **boiled water** into a large saucepan with **½ tsp salt** on high heat.
- Add the **orzo** to the **water** and bring back to the boil. Cook until tender, 10 mins.
- Once cooked, drain in a sieve and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



All Together Now

- Once the **sauce** has thickened, stir in the **peas**, **hard Italian style cheese** and **butter** (see pantry for amount).
- Heat until the **peas** are piping hot and the **butter** and **cheese** have melted, 1 min.
- Stir the **cooked orzo** into the **sauce**. Mix well to combine.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if you feel it needs it.



Chorizo Time

- Meanwhile, wipe out the (now empty) frying pan and pop on medium heat (no oil).
- Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins.
- For the final min, stir in the **Cajun spice mix** (add less if you'd prefer things milder) and cook until fragrant.
- Add the **garlic** and **tomato puree** to the pan, then stir-fry for 1 min more.



Serve Up

- Share the **creamy Cajun chorizo orzo** between your serving bowls.
- Sprinkle over the **crumb topping** to finish.

Enjoy!