



Sun-Dried Tomato Orzo and Roasted Tenderstem[®] with Pesto and Italian Style Cheese

23

Calorie Smart 20-25 Minutes • Mild Spice • 1 of your 5 a day • Under 650 Calories • Veggie



-  Tenderstem[®] Broccoli
-  Garlic Clove
-  Orzo
-  Tomato Puree
-  Vegetable Stock Paste
-  Baby Spinach
-  Sun-Dried Tomato Paste
-  Grated Hard Italian Style Cheese
-  Fresh Pesto
-  Chilli Flakes

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

Saucepan, garlic press, sieve, baking tray and frying pan.

Ingredients

Ingredients	2P	3P	4P
Tenderstem®			
Broccoli**	150g	200g	300g
Garlic Clove**	2	3	4
Orzo 13	180g	270g	360g
Tomato Puree	60g	60g	60g
Vegetable Stock Paste 10	10g	15g	20g
Baby Spinach**	40g	100g	100g
Sun-Dried Tomato Paste	25g	37g	50g
Grated Hard Italian Style Cheese** 7 8	20g	30g	40g
Fresh Pesto** 7	32g	48g	64g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2571 /614	735 /176
Fat (g)	21.6	6.2
Sat. Fat (g)	9.1	2.6
Carbohydrate (g)	80.0	22.9
Sugars (g)	12.9	3.7
Protein (g)	20.9	6.0
Salt (g)	2.44	0.70

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

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. Be careful when adding water to hot pans while cooking.

Contact

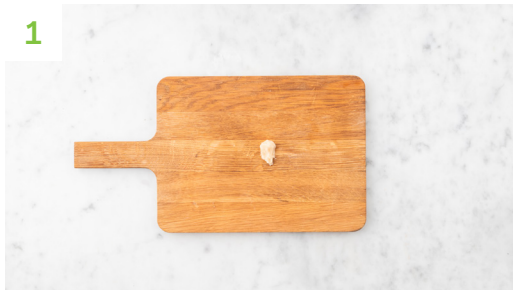
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Get Prepped

- 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** for the **orzo**.
- Halve any thick **broccoli stems** lengthways.
- Peel and grate the **garlic** (or use a garlic press).



Sauce Things Up

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **garlic** and fry for 30 secs. Season with **salt** and **pepper**.
- Stir in the **tomato puree**, **veg stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).
- Once boiling, reduce the heat and simmer, stirring occasionally, until the **sauce** has thickened, 5-6 mins.



Cook the Orzo

- When your pan of **water** is boiling, add the **orzo** 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.



Finishing Touches

- 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 in the **sun-dried tomato paste** and **butter** (see pantry for amount) until melted.
- Stir through the **cooked orzo** and **hard Italian style cheese**.
- Season to taste with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



Roast the Broccoli

- Meanwhile, pop the **Tenderstem® broccoli** onto a large baking tray.
- Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the middle shelf until tender and crispy, 10-12 mins.



Serve Up

- Share the **sun-dried tomato orzo** any remaining **sauce** between your bowls.
- Top with the **roasted broccoli**.
- Drizzle over the **pesto** and sprinkle with the **chilli flakes** (use less if you'd prefer things milder) to finish.

Enjoy!