



Pesto Orzo and Roasted Chickpea Salad

with Rocket, Baby Plum Tomatoes and Greek Style Cheese

Summer Picnic 20-25 Minutes • 2 of your 5 a day

21



Chickpeas



Roasted Spice and Herb Blend



Orzo



Lemon



Pesto



Baby Plum Tomatoes



Wild Rocket



Greek Style Salad Cheese



British Smoked Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Olive Oil, Honey

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

Kettle, sieve, kitchen paper, baking tray, saucepan, fine grater and bowl.

Ingredients

Ingredients	2P	3P	4P
Chickpeas	1 carton	1½ cartons	2 cartons
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Orzo 13	180g	360g	360g
Lemon**	½	1	1
Pesto** 7	64g	96g	128g
Baby Plum Tomatoes	125g	190g	250g
Wild Rocket**	40g	60g	80g
Greek Style Salad Cheese** 7	50g	100g	100g
British Smoked Bacon Lardons**	90g	120g	180g
Pantry	2P	3P	4P
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	386g	100g	431g	100g
Energy (kJ/kcal)	3056 / 730	793 / 189	3544 / 847	823 / 197
Fat (g)	27.3	7.1	36.4	8.5
Sat. Fat (g)	7.7	2.0	10.6	2.5
Carbohydrate (g)	92.7	24.0	93.6	21.7
Sugars (g)	13.8	3.6	13.8	3.2
Protein (g)	23.3	6.1	31.0	7.2
Salt (g)	1.84	0.48	3.07	0.71

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk 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, mollusc, 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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Roast the Chickpeas

a) Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

b) Drain and rinse the **chickpeas** in a sieve, then pat dry with kitchen paper.

c) Spread the **chickpeas** onto a baking tray. Drizzle with **oil**, sprinkle over the **roasted spice and herb blend**, season with **salt** and **pepper**, then toss to coat.

d) Roast on the middle shelf of your oven until **crispy**, 16-18 mins. Carefully remove from the oven and turn halfway through.

CUSTOM RECIPE

If you're adding **bacon**, when the **chickpeas** have 10 mins remaining, add to the same tray. Roast, 8-10 mins, then continue as instructed. **IMPORTANT:** *Wash hands and utensils after handling raw meat. Cook it thoroughly.*



Macerate the Tomatoes

a) Halve the **baby plum tomatoes**.

b) Stir the **tomatoes** through the **dressing** and set aside to macerate.

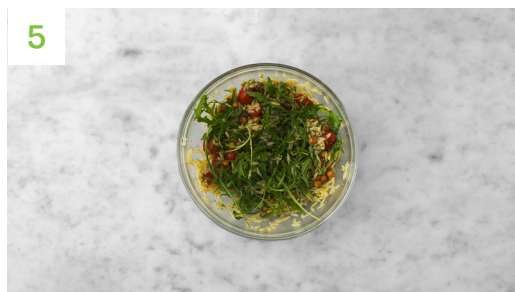


Cook the Orzo

a) Pour the **boiled water** into a saucepan with **½ tsp salt** and bring back to the boil.

b) When the pan of **water** is boiling, add the **orzo** and bring back to the boil. Cook until tender, 10 mins.

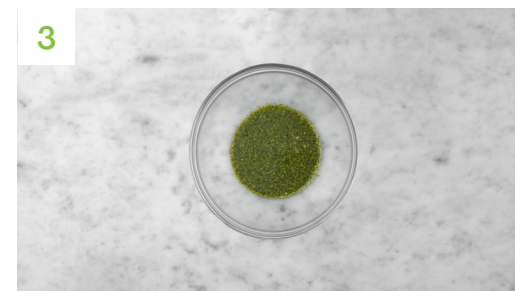
c) Once cooked, drain in a sieve and run under **cold water**. Drizzle with **oil** and stir through to stop it sticking together.



Honey Honey

a) When the **chickpeas** have 5 mins remaining, remove the tray from the oven. Drizzle over the **honey** (see pantry for amount), toss to coat, then return to the oven for the remaining time.

b) When everything's ready, add the **cooked orzo**, **rocket** and **half the chickpeas** to the **dressing** bowl. Mix to combine. **TIP:** *Don't add the leaves too early or they'll go soggy.*



Make the Dressing

a) While the **chickpeas** roast, zest and halve the **lemon** (see ingredients for amount).

b) In a large bowl, combine the **pesto**, **lemon juice**, **olive oil for the dressing** (see pantry for amount) and a pinch of **salt** and **pepper**. Set your **dressing** aside.



Serve Up

a) Share your **orzo salad** between your serving bowls.

b) Top with the remaining **chickpeas** and crumble over the **Greek style cheese**.

c) Sprinkle over a pinch of **lemon zest** to finish.

Enjoy!