



# Sun-Dried Tomato and Pesto Orzo

with Green Beans and Italian Style Cheese

23

Calorie Smart 20-25 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories • Veggie



## CATCH & COOK

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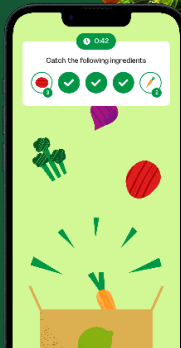
TRIP TO NEW YORK



SMEG KITCHENWARE



INSTANT WINS



### Recipe Update

Due to challenges with our supplier, you'll receive **green beans** instead of **Tenderstem® broccoli**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!



Garlic Clove



Onion



Green Beans



Orzo



Tomato Passata



Vegetable Stock Paste



Sun-Dried Tomato Paste



Grated Hard Italian Style Cheese



Pesto



Chilli Flakes

## CATCH & COOK



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### 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
Garlic Clove**	2	3	4
Onion	1	1½	2
Green Beans**	150g	200g	300g
Orzo <b>13)</b>	180g	270g	360g
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Sun-Dried Tomato Paste	25g	37g	50g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	30g	40g
Pesto <b>7)</b>	32g	64g	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*	75ml	115ml	150ml
Butter*	20g	30g	40g

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	441g	100g
Energy (kJ/kcal)	2661 /636	604 /144
Fat (g)	21.5	4.9
Sat. Fat (g)	9.1	2.1
Carbohydrate (g)	88.6	20.1
Sugars (g)	18.2	4.1
Protein (g)	20.5	4.7
Salt (g)	2.92	0.66

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, 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.


SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

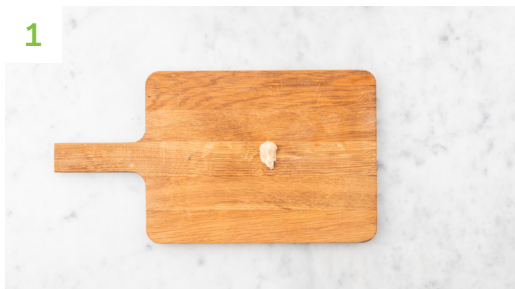
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## Get Prepped

- 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, peel and chop the **onion** into small **pieces**.
- 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 **onion** and remaining **garlic** and fry for 30 secs. Season with **salt** and **pepper**.
- Stir in the **passata**, **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, stir in the **sun-dried tomato paste**, **pesto** 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 Veg

- Meanwhile, pop your **green beans** onto a piece of foil with a drizzle of **oil**, add **half** of the **garlic** and season with **salt** and **pepper**.
- Toss the coat. Fold the foil, sealing on all sides to create a parcel.
- Pop onto a large baking tray. Roast on the middle shelf until tender, 20-25 mins.



## Serve Up

- Share the **sun-dried tomato orzo** and its **sauce** between your bowls.
- Top with the **roasted green beans**.
- Sprinkle over the **chilli flakes** (use less if you'd prefer things milder).

Enjoy!

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