



# Hot Honey Bacon and Tomato Orzo with Tenderstem® Broccoli and Cheese

Classic 25-30 Minutes • Mild Spice • 2 of your 5 a day

49



British Smoked Bacon Lardons



Onion



Garlic Clove



Tenderstem® Broccoli



Honey



Chilli Flakes



Orzo



Tomato Passata



Red Wine Stock Paste



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

Saucepan, frying pan, garlic press, bowl and sieve.

## Ingredients

Ingredients	2P	3P	4P
British Smoked Bacon Lardons**	60g	90g	120g
Onion**	1	1½	2
Garlic Clove**	1	2	2
Tenderstem® Broccoli**	80g	150g	150g
Honey	15g	22g	30g
Chilli Flakes	1 pinch	1 pinch	2 pinches
Orzo <b>13)</b>	180g	270g	360g
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste <b>14)</b>	28g	42g	56g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	60g	80g

Pantry	2P	3P	4P
Sugar for the Sauce*	½ tsp	1 tsp	1 tsp
Water for the Sauce*	75ml	120ml	150ml
Butter*	20g	30g	40g

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	428g	100g
Energy (kJ/kcal)	2843 /680	665 /159
Fat (g)	21.8	5.1
Sat. Fat (g)	11.2	2.6
Carbohydrate (g)	93.4	21.8
Sugars (g)	23.9	5.6
Protein (g)	26.4	6.2
Salt (g)	3.75	0.88

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 **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, 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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## Fry the Bacon

Bring a large saucepan of **water** to the boil with ½ **tsp salt** for the **orzo**.

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **bacon lardons**. Stir-fry until golden, 4-5 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. Cook bacon thoroughly.*



## Make the Sauce

Meanwhile, return the (now empty) frying pan to medium-high heat with a drizzle of **oil**.

Once hot, add the **onion** to the pan and stir-fry until softened, 4-5 mins.

Add the **garlic** and fry for 1 min more.

Stir the **passata**, **red wine stock paste**, **sugar** and **water for the sauce** (see pantry for both) into the pan. Simmer the **sauce** until thickened slightly, 2-3 mins.



## Prep Time

While the **bacon** is frying, halve, peel and chop the **onion** into small pieces.

Peel and grate the **garlic** (or use a garlic press). Cut the **Tenderstem® broccoli** into thirds.

When the **bacon** is cooked, drain and discard any excess fat. Remove the pan from the heat, then stir in the **honey** and **chilli flakes**. **TIP:** *If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.*

Transfer to a small bowl and cover to keep warm. Wipe the pan clean.



## All Together Now

Stir in the **orzo**, **broccoli**, **hard Italian style cheese** and **butter** (see pantry for amount) into the **sauce** until melted.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.

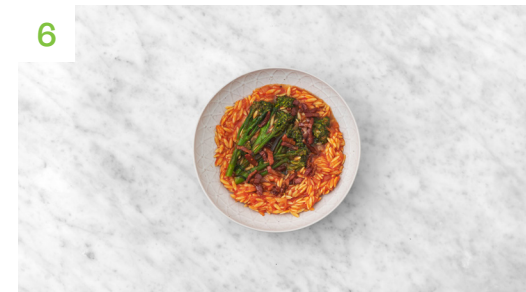


## Cook your Orzo

When boiling, add the **orzo** to the **water** and bring back to the boil. Cook for 7 mins.

After 7 mins, then add the **broccoli** and cook for a further 3-4 mins until everything's tender.

Once cooked, drain in a sieve and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



## Serve Up

Share your **orzo** between serving bowls. Spoon over the **hot honey bacon** to finish.

## Enjoy!