



Creamy Cajun Spiced Chorizo Orzo

with Peas and Crispy Onions

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

50



Garlic Clove



Orzo



Diced Chorizo



Tomato Puree



Cajun Spice Mix



Chicken Stock Paste



Peas



Creme Fraiche



Grated Hard Italian Style Cheese



Crispy Onions

Pantry Items

Oil, Salt, Pepper, Honey

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

Kettle, garlic press, saucepan, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Orzo 13	180g	270g	360g
Diced Chorizo**	60g	90g	120g
Tomato Puree	30g	45g	60g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Peas**	120g	180g	240g
Crema Fraiche** 7	75g	120g	150g
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g
Crispy Onions 13	1 sachet	2 sachets	2 sachets

Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	319g	100g
Energy (kJ/kcal)	3128 /748	980 /234
Fat (g)	31.2	9.8
Sat. Fat (g)	15.3	4.8
Carbohydrate (g)	88.9	27.8
Sugars (g)	17.5	5.5
Protein (g)	28.3	8.9
Salt (g)	3.36	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, 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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Get Prepped

- Boil a full kettle.
- Meanwhile, peel and grate the **garlic** (or use a garlic press).



Boil the Orzo

- Pour the **boiled water** into a large saucepan with $\frac{1}{2}$ **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.



Chorizo Time

- Meanwhile, heat a large frying pan on medium-high heat (no oil).
- Once hot, add the **chorizo** and fry until it starts to brown, 3-4 mins.
- Lower the heat, then stir in the **garlic**, **tomato puree** and **Cajun spice mix**. Cook until fragrant, 1 min.



Sauce Things Up

- Add the **chicken stock paste**, **honey** and **water for the sauce** (see pantry for both amounts) to the **chorizo**. Stir to combine and bring to the boil.
- Simmer until thickened, 3-4 mins.



All Together Now

- Once the **sauce** has thickened, add the **peas** and simmer until piping hot, 1 min.
- Stir through the **cooked orzo** and **crema fraiche**. Bring to the boil, then remove from the heat.
- Stir through the **cheese** until melted. Taste and season with **salt** and **pepper** if needed.



Serve Up

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

Enjoy!