



# Harissa Spiced Double Cheese Orzo

with Spinach, Pepper and Roasted Tomatoes

Classic 25-30 Minutes • Medium Spice • 1 of your 5 a day • Veggie

20



Bell Pepper



Baby Plum Tomatoes



Orzo



Garlic Clove



Harissa Paste



Tomato Puree



Vegetable Stock Paste



Baby Spinach



Grated Hard Italian Style Cheese



Greek Style Salad Cheese



Crispy Onions

**Pantry Items**

Oil, Salt, Pepper, Honey, 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, baking tray, sieve, garlic press and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Orzo <b>13</b> )	180g	270g	360g
Garlic Clove**	2	3	4
Harissa Paste <b>14</b> )	50g	75g	100g
Tomato Puree	30g	45g	60g
Vegetable Stock Paste <b>10</b> )	15g	20g	30g
Baby Spinach**	40g	100g	100g
Grated Hard Italian Style Cheese** <b>7</b> ) <b>8</b> )	40g	60g	80g
Greek Style Salad Cheese** <b>7</b> )	50g	100g	100g
Crispy Onions <b>13</b> )	1 sachet	2 sachets	2 sachets
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	125ml	190ml	250ml
Butter*	20g	30g	40g

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red, orange or green to guarantee you get the best quality pepper.

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	425g	100g
Energy (kJ/kcal)	3157/755	744/178
Fat (g)	31.9	7.5
Sat. Fat (g)	14.8	3.5
Carbohydrate (g)	89.3	21.0
Sugars (g)	22.8	5.4
Protein (g)	25.6	6.0
Salt (g)	3.41	0.80


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 **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.

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## 1 Prep the Veg

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 the **bell pepper**, discard the core and seeds then slice into thin strips. Put the **pepper** onto one side of a baking tray. Drizzle with **oil**, season with **salt** and **sliced pepper**, then toss to coat.

Pop the **tomatoes** onto the other side of the same tray. Drizzle with **oil** and the **honey** (see pantry for amount), then season with **salt** and **pepper**. Toss to coat.



## 4 Add the Spinach

Once thickened, add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

Stir in the **Italian style cheese** and **butter** (see pantry for amount) until melted, then remove from the heat.



## 2 Cook the Orzo

When the oven is hot, roast the **veg** on the middle shelf until the **pepper** is soft and slightly charred and the **tomatoes** have softened and are starting to burst, 14-16 mins.

Meanwhile, 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.



## 5 Time to Combine

Once the **veg** is ready, pop the **harissa sauce** back on the heat to warm through, then stir in the **roasted peppers** and **cooked orzo**.

Taste and season with more **salt** and **pepper** if needed. Add a splash more **water** if you feel it needs it.



## 3 Harissa Sauce Time

While everything's cooking, peel and grate the **garlic** (or use a garlic press).

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

Once hot, add the **garlic**, **harissa** (add less if you'd prefer things milder) and **tomato puree**. Fry for 1 min, then add the **vegetable stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).

Bring to the boil, then lower the heat and simmer until thickened, 3-4 mins.



## 6 Finish and Serve

Share the **orzo** between your serving bowls, then spoon over the **roasted tomatoes**.

Crumble on the **Greek style salad cheese** and finish with a sprinkle of the **crispy onions**.

Enjoy!