



# Speedy Smoky Chorizo Orzo

with Cheese, Peas and Rocket

Family 20-25 Minutes • Mild Spice • 1 of your 5 a day

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Orzo



Diced Chorizo



Garlic Clove



Central American Style Spice Mix



Tomato Puree



Creme Fraiche



Grated Hard Italian Style Cheese



Peas



Smoky Base Paste



Wild Rocket



Balsamic Glaze



Not to be confused with rice, orzo is actually a type of pasta. Whilst chorizo gives some of the flavour, we're also using smoky base paste, made with smoked paprika and smoked salt, to bring rich smoky flavour to your dish.

#### Pantry Items

Oil, Salt, Pepper, Sugar

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

## Ingredients

Ingredients	2P	3P	4P
Orzo <b>13</b> )	180g	180g	360g
Diced Chorizo**	90g	150g	180g
Garlic Clove**	2	3	4
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Crème Fraîche** <b>7</b> )	75g	120g	150g
Grated Hard Italian Style Cheese** <b>7</b> ) <b>8</b> )	20g	40g	40g
Peas**	120g	180g	240g
Smoky Base Paste	1 sachet	1½ sachets	2 sachets
Wild Rocket**	20g	40g	40g
Balsamic Glaze <b>14</b> )	12ml	18ml	24ml
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	150ml	225ml	300ml

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	374g	100g
Energy (kJ/kcal)	3274 /783	876 /209
Fat (g)	33.8	9.0
Sat. Fat (g)	15.7	4.2
Carbohydrate (g)	86.8	23.2
Sugars (g)	16.9	4.5
Protein (g)	32.3	8.6
Salt (g)	4.23	1.13

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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## Cook the Orzo

- Boil a full kettle.
- Pour the **boiled water** into a saucepan with **½ tsp salt** and bring back to the boil.
- When boiling, 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.



## Get Frying

- 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.
- While the **chorizo** fries, peel and grate the **garlic** (or use a garlic press).



## Add the Flavour

- Add the **garlic**, **Central American style spice mix** and **tomato puree** to the **chorizo**.
- Fry until fragrant, 1 min.



## Simmer your Sauce

- Stir the **crème fraîche**, **sugar** and **water for the sauce** (see pantry for both amounts) into the pan and bring to a boil.
- Reduce the heat and simmer until thickened, 3-4 mins.



## Final Touches

- Stir the **hard Italian style cheese**, **peas** and **smoky base paste** through the **sauce** until the **cheese** has melted.
- Stir the **cooked orzo** through the **sauce**.
- Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



## Serve Up

- Share the **smoky chorizo orzo** between your serving bowls.
- Top with the **rocket leaves**.
- Finish by drizzling over the **balsamic glaze**.

## Enjoy!