Greek Prawn and Feta Orzo

with Thyme

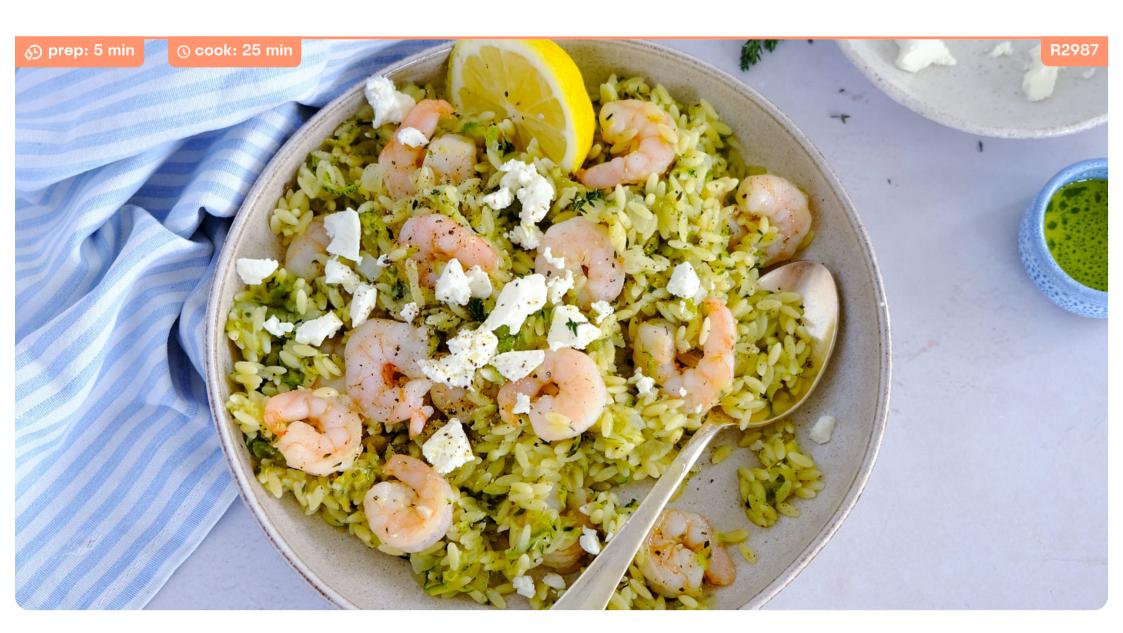
Although orzo looks like a rice grain, it is in fact pasta!

hellóchef

Cals 664 • Prot 49 • Carbs 86 • Fat 14

Quick Prep

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Orzo	2 ppl	3 ppl	4 ppl	
Prawns 7*	350	525	700	Grams
Onion powder	4	5	8	Grams
Garlic paste	10	15	20	Grams
Small zucchini	2	3	4	Piece
Dried thyme	2	2	4	Grams
Water	400	600	800	ML
Vegetable stock cube 15*	1	1	2	Piece
Olive oil	1	1	2	Tbsp
Salt	0.5	1	1	Tsp
Orzo 9*, 10*, 11 *	200	300	400	Grams
Lemon	1	1	2	Piece
Grated Parmesan 4*	30	45	60	Grams
Black pepper	1	1	2	Tsp
Feta cheese 4*	50	75	100	Grams

Allergens

Due to production methods, we cannot guarantee our products are completely free from any allergen such as Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2772 / 664
Fat (g)	13.7
of which saturates (g)	3.8
Carbohydrate (g)	86
of which sugars (g)	6.2
Fiber (g)	6.8
Protein (g)	48.5
Salt (a)	3.2

^{*}Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Grate the zucchini. Boil the measured water and dissolve the vegetable stock cube in it - this is your vegetable stock



2 Fry prawns

Drain the **prawns** on kitchen paper. Heat a large pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **prawns** and **garlic paste** with a generous pinch of **salt** and fry for 2-3 min or until the **prawns** are cooked through. Transfer the **prawns** to a plate and reserve the pan.



3 Fry zucchini

Return the reserved pan to a medium heat with another drizzle of **olive oil**. Once hot, add the **zucchini**, **dried thyme** and **onion powder** and fry for 2 min.



4 Cook orzo

Reduce the heat to medium-low. Add the **orzo** and **vegetable stock** and cook, covered, stirring occasionally, for 12-15 min further or until the **orzo** is tender or cooked to your liking.

Tip! To make this one extra creamy, add the feta cheese in this step instead of reserving it for garnish.



5 Finish

Meanwhile, slice the **lemon** into wedges. Once the **orzo** is cooked, season the **orzo** with a very generous squeeze of **lemon** juice to taste (reserve the rest for garnish) and a grind of **black pepper**. Add the **grated Parmesan** and **prawns** along with any remaining oil or juices from the plate.



6 Serve

Divide the **orzo** among plates and crumble the **feta** over the top. Garnish with the remaining **lemon** wedges.

^{*7} Crustaceans, *15 Celery, *9 Soya, *10 Wheat, *11 Gluten, *4 Milk