

Greek Prawn and Feta Orzo

with Thyme

hellóchef

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

Cals 662 • Prot 48 • Carbs 85 • Fat 14

hellochef.com • 04-825-44-00 • hello@hellochef.com

🕒 cook: 25 min

R2987



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	10	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

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

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)	2764 / 662
Fat (g)	13.6
of which saturates (g)	3.8
Carbohydrate (g)	85
of which sugars (g)	6.2
Fiber (g)	6.5
Protein (g)	48.4
Salt (g)	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.