



Tips For Fussy Eaters

Leave the feta cheese out altogether!

Pro Tip

To make this one extra creamy, add the feta cheese in step 4 instead of reserving it for garnish.

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

Cooking Time: 25 min

Cals 607 | Prot 37 | Carbs 82 | Fat 12

Ingredients

For 2 For 3 For 4

Jumbo prawns	300	450	600	Grams
Shallots	1	2	2	Piece
Garlic cloves	2	3	4	Piece
Small zucchini	2	3	4	Piece
Fresh thyme	10	10	10	Grams
Water	400	600	800	ML
Vegetable stock cube	1	1	2	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Orzo	200	300	375	Grams
Lemon	1	1	2	Piece
Parmesan	30	45	60	Grams
Black pepper	1	1	2	Tsp
Feta cheese	50	75	100	Grams



1 Prep

Peel and finely chop the **shallots** and **garlic**. Grate the **zucchini**. Finely chop the **thyme** leaves. Drain, rinse and dry the **prawns**. Grate the **Parmesan**. Boil the **measured water** and dissolve the **vegetable stock cube** in it.



2 Fry prawns

Heat a large pan over a medium heat with a drizzle of **olive oil**. Once hot, add the **prawns** and the **garlic** with a generous pinch of **salt** and cook for 2 min or until the **prawns** are cooked. Transfer the **prawns** and **garlic** to a bowl.



3 Fry onion

Return the pan to a medium-low heat with another drizzle of **olive oil** (no need to wash it!). Add the **shallots** and cook for 6 min until very soft. Once soft, add the **zucchini** and **thyme** and cook for 2 min further.



4 Cook orzo

Add the **orzo** and **stock** and cook, covered, stirring occasionally, for 12-15 min or until the **orzo** is soft.



5 Add

Once soft, season the **orzo** with a very generous squeeze of **lemon** juice and a grind of **black pepper**. Add the **Parmesan** and **prawns** along with any **garlic**, **oil** or juices left in the bowl.



6 Serve

Divide the **orzo** among plates and crumble the **feta** over the top.



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