



More Than Food  
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## Courgette, Broad Bean and Feta Orzo with Pork Meatballs

Anyone say broad beans? Charlotte, our veggie buyer, loves these green British beauties, so begged us to squirrel them into one of the dishes this week. Our chef, Victoria, accepted the challenge and voilà, a delicious cheesy broad bean orzotto. We're sending you whole broad beans in their jackets (pods), so that they have a little extra safety padding for their journey to your kitchen this evening – happy podding!



30 mins



4 of your 5 a day



Broad Beans (300g)



Red Onion (1)



Courgette (1)



Garlic Clove (1)



Mint (1/2 bunch)



Pork and Oregano Sausage (250g)



Orzo (180g)



Water (400ml)



Vegetable Stock Pot (1/2)



Feta Cheese (1/2 block)



Lemon (1/2)



Steve's Leaves: Pea Shoots (1 bag)

### 3 PEOPLE INGREDIENTS

- Broad Beans, podded
- Red Onion, chopped
- Courgette, chopped
- Garlic Clove, grated
- Mint, chopped
- Pork and Oregano Sausage

**300g**

**1**

**1**

**1**

**½ bunch**

**250g**

- Orzo
- Water
- Vegetable Stock Pot
- Feta Cheese
- Lemon
- Steve's Leaves: Pea Shoots

**180g**

**400ml**

**½**

**½ block**

**½**

**1 bag**



Our fruit and veggies may need a little wash before cooking!

#### Did you know...

Mint has been found in Egyptian tombs from as far back as 1000 BC!

**Allergens:** Sulphites, Gluten, Celery, Milk.

#### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
<b>Per serving</b>	797 kcal / 3350 kJ	32 g	12 g	84 g	7 g	44 g	2 g
<b>Per 100g</b>	126 kcal / 530 kJ	5 g	2 g	13 g	1 g	7 g	0 g

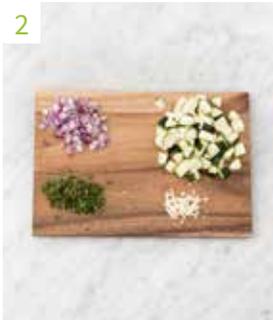
**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains Sulphites), Stabiliser (Tara Gum), Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

1



**1** First, let's get podding! Slit each **broad bean pod** along the seam with a knife or your nails if you have long ones! **Tip:** *Be gentle though, you don't want to cut the broad beans!* Run your thumb along the furry inside to push the **broad beans** out.

2



**2** Cut the **red onion** in half through the root, peel and chop into roughly ½cm pieces. Cut the bottom and tops off the **courgette** and then in half lengthways, cut each half into four long strips then chop into 1cm chunks. Peel and grate the **garlic** (or use a garlic press if you have one). Pull the **mint leaves** off their stalks and roughly chop.

4



**3** Slit each **sausage** in half and discard the skin. Roll the **sausage meat** into **meatballs** (five per person) and leave to the side.

**4** Put your **onion** in a large frying pan with a drizzle of **oil** on medium heat. Cook for 4 mins then add your **courgette**, a good pinch of **salt** and a good grind of **black pepper**. Cook for another 6-7 mins before adding your **garlic**. Stir together and cook for 1 minute, then pour in the **orzo**. Stir until your **orzo** is well coated in the **garlicky oil**, then pour in the **water** (as specified in the ingredient list above) and the **vegetable stock pot**.

6



**5** Bring to the boil, stirring to dissolve your **stock pot**, then turn the heat down to low and simmer away (don't let it boil rapidly!), for 10 mins, or until your **orzo** is 'al dente' and the liquid has been absorbed. **Tip:** *'Al dente' simply means the pasta is cooked through but has a tiny bit of firmness left in the middle.* Stir every couple of mins to ensure it doesn't stick to the bottom of the pan! **Tip:** *If all the liquid has been absorbed and the orzo is not quite cooked, just add 50ml of water and keep cooking (repeat this if you need to).*

**6** While your orzo is cooking, add your **meatballs** to a frying pan on medium heat with a drizzle of **oil**. Cook for 8-9 mins until they are browned and cooked through. **Tip:** *The meatballs are cooked when no longer pink in the middle. Remove the pan from the heat.*

**7** When your orzotto is 4 mins from being ready, add your **broad beans** to the pan to cook for the last 4 mins, then remove the pan from the heat. Crumble the **feta** into the pan along with your **mint** and stir together. Taste and add some **salt** and **pepper** if you feel it needs it.

**8** Squeeze some **lemon juice** into a bowl with a drizzle of **oil**, a pinch of **salt** and a good grind of **black pepper**. Add the **pea shoots** to the bowl and toss together.

**9** Serve your **orzo** in bowls with your **meatballs** and **pea shoots** on top. Enjoy!

**Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!**