



Smoky Mediterranean Prawn & Feta Orzo

Succulent prawns cooked with smoky Mediterranean spices, tossed through tender orzo with juicy tomatoes, garlic, herbs and crumbled feta. A vibrant, comforting dish with a delicious balance of smoky, savoury and fresh flavours.

Ingredients

- Prawns
- Baby Spinach
- Feta Cheese
- Tomatoes Can
- Garlic clove
- Shallot
- Orzo
- Chicken Stock cube
- Smoked Paprika
- Lemon

Your Pantry

- Olive Oil

Nutritional Info

Calories: 437 kcal
Carbohydrates: 56 g
Protein: 38 g
Fat: 8 g

Allergens

Wheat (Pasta)
Crustacean (Prawns)
Celery (Stock Cube - may also contain traces of Egg, Soybeans & Mustard)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Boil the kettle

2) Prepare the vegetables and prawns

Peel and finely chop the shallots and garlic. Roughly chop the spinach. Zest about ½ tsp lemon zest per person.

Make the stock up to 200ml per person.

Add the prawns to a bowl and squeeze over lemon juice. Give a good mix and set aside.

3) Saute the vegetables

Place a medium-large pan (one that will fit the full meal) on medium heat with a drizzle of olive oil. Once hot, add the garlic and shallots and sauté for 2-3 minutes, until softened. Add the smoked paprika and saute for a further 30 seconds.

4) Make the sauce & add the orzo

Add the tinned tomatoes, orzo, and chicken stock. Mix well and let simmer for about 15 minutes until the orzo is cooked, topping up with a splash of water if needed and stirring frequently to stop the orzo sticking. Stir in the spinach and the lemon zest.

5) Add the prawns

Once the spinach has wilted, stir in the prawns, ensuring they are covered by the orzo mix. Allow to simmer gently for 3-4 minutes to cook the prawns through (firm/springy and pink and opaque throughout).

6) Serve the dish

Serve in bowls and crumble the feta over the top. Enjoy!



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