



CREAMY ORZOTTO WITH PARMESAN BROCCOLI

roasted red peppers, cheddar, toasted breadcrumbs, chives

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
890

MENU
VEGETARIAN

Orzotto is an Italian dish typically made with pearl barley cooked like risotto, but this rich and creamy version is made with tender orzo pasta instead. Roasted red peppers and onion add dimension, while sharp cheddar cheese and cream cheese lend creaminess to the dish. Everything's seasoned with crushed red pepper flakes and topped with toasted breadcrumbs and Parmesan-roasted broccoli.

INGREDIENTS (12 ITEMS)

- 6 oz **Broccoli**
- 1 whole **Yellow onion**
- 1/8 oz **Chives**
- 1 whole **Vegetable stock concentrate**
- 1/4 cup **Breadcrumbs** W
- 6 oz **Orzo pasta** W
- 2 1/4 oz **Roasted red peppers**
- 1 1/2 tsp **Oregano-garlic seasoning**
- 1 oz **Parmesan cheese** M
- 2 oz **Cream cheese** M
- 1 oz **Sharp cheddar cheese** M
- 1/2 tsp **Crushed red pepper flakes**

WHAT YOU'LL NEED

- medium pot
- large sauté pan
- baking sheet
- small bowl
- measuring cup & spoons
- oven mitt
- cooking oil
- 2 tbsp butter M
- salt & pepper

ALLERGENS

- W WHEAT
- M MILK

COOKING FOR 4 If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Preheat oven to 425 degrees.
- Cut **broccoli** lengthwise into slices, about ¼ inch thick.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Mince **chives**.

COOKING FOR 4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 SEASON & ROAST BROCCOLI

- Place **broccoli** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1½ tablespoons cooking oil. Season with salt and pepper. Stir to coat. Spread out in a single layer.
- Roast 14-16 minutes, or until fork-tender, stirring halfway through. (You'll finish the broccoli in Step 6.)

3 MAKE BROTH

- Bring 2 cups water to a boil in a medium pot. Remove from heat. Add **vegetable stock concentrate**. Stir to combine.

4 TOAST BREADCRUMBS

- Heat 1 tablespoon butter in a large sauté pan over medium-high heat. Add **breadcrumbs** to hot pan. Cook 3-4 minutes, or until golden brown, stirring frequently.
- Turn off heat. Transfer **breadcrumbs** to a small bowl. Wipe out pan.

5 START ORZOTTO

- Heat about 1½ tablespoons cooking oil in pan used for breadcrumbs over medium heat. Add **onion** to hot pan. Cook 2-3 minutes, or until fragrant, stirring occasionally.
- Add **orzo pasta, roasted red peppers, and oregano-garlic seasoning**. Cook 2-3 minutes, or until orzo is lightly toasted, stirring frequently.
- Carefully add **broth**. Season with about ½ teaspoon salt and about ¼ teaspoon pepper. Bring to a low simmer. Cook 9-11 minutes, or until orzo is tender and water has mostly absorbed, stirring occasionally.* (You'll finish the orzotto in Step 7.)

**If liquid evaporates before orzo is tender, stir in a splash of water.*

6 FINISH BROCCOLI

- Push **roasted broccoli** together on sheet. (**Careful! Baking sheet is hot!**) Sprinkle **Parmesan cheese** over top. Roast 2-3 minutes more, or until cheese melts.

7 FINISH ORZOTTO

- Remove **orzotto** from heat. Add **cream cheese, half the sharp cheddar cheese, 1 tablespoon butter, and crushed red pepper flakes*** to taste. Stir until cream cheese is incorporated. Season with salt and pepper to taste.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

8 PLATE YOUR DISH

- Divide **creamy orzotto** between plates. Sprinkle with remaining **cheddar cheese**. Top with **Parmesan broccoli**. Garnish with **toasted breadcrumbs** and **chives**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (361g)

Amount per serving

Calories 890

	% Daily Value*
Total Fat 46g	59%
Saturated Fat 17g	85%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 1130mg	49%
Total Carbohydrate 94g	34%
Dietary Fiber 7g	25%
Total Sugars 12g	
Includes 1g Added Sugars	2%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 410mg	30%
Iron 5mg	30%
Potassium 733mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Orzo Pasta [wheat semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid], **Yellow Onion**, **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Broccoli**, **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Chives**, **Oregano-Garlic Seasoning** (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley), **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Parmesan Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Roasted Red Peppers** [bell pepper], **Crushed Red Pepper Flakes**

Allergen information:

Contains Milk And Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.

