



# Mediterranean-Inspired Roasted Veggies

with Ricotta Orzo

Veggie

30 Minutes

+ Add



Chicken Tenders

310 g | 620 g

Custom Recipe

+ Add

Swap

or

\*2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Ricotta Cheese  
100 g | 200 g



Cream Cheese  
1 | 2



Zucchini  
1 | 2



Eggplant  
½ | 1



Sweet Bell Pepper  
1 | 2



Orzo  
170 g | 340 g



Crushed Tomatoes  
200 ml | 400 ml



Garlic Spread  
30 g | 60 g



Mediterranean Spice Blend  
1 tbsp | 2 tbsp



Parsley  
7 g | 7 g



Garlic Salt  
½ tsp | 1 tsp

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

1



### Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Add **6 cups water** and **1 tsp salt** to a medium pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Meanwhile, halve **eggplant** lengthwise, then cut **half the eggplant** (whole eggplant for 4 ppl) into ½-inch pieces. (**TIP:** Peel before cutting, if desired.)
- Cut **zucchini** into ½-inch half moons.
- Core, then cut **pepper** into ½-inch pieces.

2



### Cook veggies

- Add **eggplant, zucchini, peppers, 1 ½ tbsp oil, ½ tsp (1 tsp) garlic salt** and **half the Mediterranean Spice Blend** to a parchment-lined baking sheet.
- Season with **pepper**, then toss to coat. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 ½ tbsp oil per sheet.)
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 23-25 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)

3



### Cook orzo

- + Add | **Chicken Tenders**
- Once **water** is boiling and **veggies** are roasting, add **orzo** to the pot. Cook uncovered, stirring occasionally, until tender, 10-12 min.
- Reserve **¼ cup (½ cup) pasta water**, then drain and return **orzo** to the same pot, off heat.

4



### Make sauce

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **remaining Mediterranean Spice Blend, crushed tomatoes** and **reserved pasta water**. Cook, stirring occasionally, until warmed through, 2-3 min.
- Season with **salt** and **pepper**.
- Once roasted, stir **veggies** into **sauce** until well combined.

5



### Finish orzo

- Meanwhile, roughly chop **parsley**.
- Add **garlic spread, ricotta** and **cream cheese** to the pot with **warm orzo**.
- Stir in **half the parsley**, then season with **salt** and **pepper**, to taste.

6



### Finish and serve

- + Add | **Chicken Tenders**
- Divide **ricotta orzo** between bowls.
- Top with **veggies and sauce**.
- Sprinkle with **remaining parsley**.

### 3 | Cook chicken

+ Add | **Chicken Tenders**

If you've opted to add **chicken tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp (1 tbsp) oil**, then **chicken**. Sear until golden-brown and cooked through, 3-4 min per side. \*\* Transfer to a plate. Reuse the same pan to make **sauce** in step 4.

### 6 | Finish and serve

+ Add | **Chicken Tenders**

Top final bowls with **chicken**.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

• Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

