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## Oven-Baked Vegetable Risotto with a Crispy Panko & Cheese Topping

Typically, this tasty, classic Italian dish involves a lot of stirring and waiting around the stove top. But our oven-baked vegetable risotto requires minimal stirring and practically cooks itself (it's all in the name). Enjoy a delicious mix of vegetables, fresh herbs, a lemony freshness, a crunchy panko and cheese topping and some granary bread to finish it off. Instead of stirring a pot, sit back with a glass of wine and wait for this delicious dish to cook.

 45 mins

 veggie



Garlic Clove



Onion



Yellow Pepper



Portobello Mushroom



Vine Tomato



Lemon



Thyme



Chives



Vegetable Stock Pot



Arborio Rice



Hard Italian Cheese




Panko Breadcrumbs



Granary Roll

## Ingredients

	2P	4P
Garlic Clove, chopped	1	2
Onion, chopped	1	2
Yellow Pepper, chopped	1	2
Portobello Mushroom, chopped	2	4
Vine Tomato, chopped	2	4
Lemon	½	1
Thyme	4 sprigs	8 sprigs
Chives, chopped	2 tbsp	4 tbsp
Vegetable Stock Pot <b>1</b>	1	2
Arborio Rice	1 cup	2 cups
Hard Italian Cheese <b>2</b>	2 tbsp	4 tbsp
Panko Breadcrumbs <b>3</b>	3 tbsp	6 tbsp
Granary Roll <b>3</b>	2	4

 Our produce comes fresh from the farm so give it a little wash before using

## Allergens

**1)** Celery | **2)** Milk  
**3)** Gluten

**Nutrition per serving:** Calories: 857 kcal | Protein: 31 g | Carbs: 153 g | Fat: 14 g | Saturated Fat: 5 g



**1** Pre-heat the oven to 200 degrees. Peel and finely chop the garlic and onion. Remove the core from the pepper and chop into ½cm cubes. Roughly chop the mushrooms into 2cm pieces and chop your tomatoes into eighths. Grate 1 tsp of lemon zest and remove the thyme leaves from their stems. Roughly chop the chives. **Tip:** Try not to zest the white pith off the lemon - it's really bitter!



**2** Heat 2 tbsp of oil in a non-stick ovenproof saucepan over a medium-high heat. Add the garlic and onion. Gently fry for 3 mins or until softened then add the yellow pepper and mushrooms, add ¼ tsp of salt and a grind of pepper and gently fry for a further 3-4 mins. **Tip:** Add a splash of white wine (if you have it) to add another depth of flavour!



**3** Whilst the pepper and mushrooms are cooking, boil 650ml of water with the stock pot and stir to dissolve.



**4** Add the tomatoes, the lemon zest, three quarters of your thyme leaves and the rice into the ovenproof saucepan with the onion/pepper mixture. Squeeze in 1 tbsp of lemon juice, pour in the stock and

stir everything together. Turn up the heat and bring to a boil. Remove from the heat, cover with a lid and transfer it to the middle shelf of your oven. Bake for 20 mins. **Tip:** If you are not using an ovenproof saucepan/pot, transfer the risotto into an ovenproof dish with a lid and then place it into the oven.

**5** Add the rest of the thyme to your hard Italian cheese along with your breadcrumbs, a pinch of salt and a good grind of pepper, toss together (using your hands).

**6** After 20 mins, remove the risotto from the oven and take off the lid. **Tip:** Careful it's hot! Give the risotto a good stir. Add three quarters of the chives and stir through. Place it back into the oven for a further 5 mins without its lid, then remove again. Sprinkle over the breadcrumb mixture and place it back into the oven without its lid for another 3-5 mins, or until the breadcrumbs and cheese are lightly brown in colour. You can also add the granary rolls to the oven for this time to warm up.

**7** Serve in bowls and garnish with the remaining chives. Use a granary bread to mop up every last bit. Enjoy!

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