



Baked Courgette & Goat's Cheese Risotto with Walnut Pesto and Rocket

Classic 45 Minutes • 1 of your 5 a day • Veggie

20



Onion



Courgette



Garlic Clove



Lemon



Risotto Rice



Cider Vinegar



Vegetable Stock Paste



Walnuts



Rocket



Grated Hard Italian Style Cheese



Goat's Cheese

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Kettle, Garlic Press, Fine Grater, Saucepan, Ovenproof Dish, Measuring Jug, Frying Pan and Bowl.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Courgette**	1	2	2
Garlic Clove**	1	2	2
Lemon**	½	1	1
Risotto Rice	175g	260g	350g
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
Water for the Rice*	450ml	675ml	900ml
Vegetable Stock Paste 10)	20g	30g	40g
Walnuts 2)	20g	40g	40g
Rocket**	40g	60g	80g
Grated Hard Italian Style Cheese** 7) 8)			
	40g	65g	80g
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Goat's Cheese** 7)	75g	150g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	387g	100g
Energy (kJ/kcal)	2898 /693	750 /179
Fat (g)	30	8
Sat. Fat (g)	11	3
Carbohydrate (g)	81	21
Sugars (g)	8	2
Protein (g)	23	6
Salt (g)	2.75	0.71

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 7) Milk 8) Egg 10) Celery 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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Prep Time

Preheat your oven to 200°C. Fill and boil your kettle. Halve, peel and chop the **onion** into small pieces. Trim the **courgette** then halve lengthways. Slice widthways into 1cm thick pieces. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lemon** (see ingredients for amount).



Char the Courgette

Put a large frying pan on medium-high heat (no oil). When hot, add the **courgette** and cook until charred, 6-8 mins. Turn only occasionally - this will result in the **courgette** picking up some nice colour. Once cooked, season with **salt and pepper** then transfer to a bowl.



Start the Risotto

Heat a drizzle of **oil** in a large ovenproof pan on medium heat (if you don't have one, use a normal saucepan and transfer to an ovenproof dish later). Add the **onion** and fry until soft, 4-5 mins. Add the **garlic** and cook for 1 min, then stir in the **risotto rice**. Cook until the edges of the **rice** are translucent, 1-2 mins. Add the **cider vinegar**, allow it to evaporate, then add the **boiled water for the rice** (see ingredients for amount) and **veg stock paste**. Stir to combine and season with **salt and pepper**.



Grill the Cheese

Once your **risotto** is ready, remove from your oven. Preheat your grill to high. Stir the **lemon zest, courgette and walnut pesto** into your **risotto** (add a splash of **water** if needed). Season to taste if needed. Crumble the **goat's cheese** over the top of the **risotto** and grill until browned, 4-5 mins.



Bake the Risotto

Bring back up to the boil, then pop a lid on the pan (or cover with foil) and bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 20-25 mins. Meanwhile, to make your walnut pesto, roughly chop the **walnuts** and finely chop a **quarter** of the **rocket**. Pop into a bowl with the **hard Italian style cheese** and **olive oil** (see ingredients for amount) then season with **pepper**. Mix together then set aside.



Finish and Serve

Meanwhile, pour a drizzle of **olive oil** into a medium bowl. Add a squeeze of **lemon juice** and season with **salt and pepper**. Mix together, then add the remaining **rocket** and toss to coat. Once cooked, serve the **risotto** in bowls with a handful of **rocket** on top.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.