



Baked Risotto

with Courgette, Walnut Pesto and Grilled Goat's Cheese

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

20



Onion



Courgette



Garlic Clove



Lemon



Arborio 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, Cutting Board, Knife, Garlic Press, Saucepan, Ovenproof Dish, Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Courgette**	1	2	2
Garlic Clove	1	2	2
Lemon**	½	1	1
Arborio Rice	175g	260g	350g
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
Water for the Rice*	450ml	675ml	900ml
Vegetable Stock Paste 10)	15g	20g	30g
Walnuts 2)	20g	40g	40g
Rocket**	40g	80g	80g
Grated Hard Italian Style Cheese 7) 8)**			
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Goat's Cheese 7)**	125g	200g	250g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	414g	100g
Energy (kJ/kcal)	3229 / 772	779 / 186
Fat (g)	35	9
Sat. Fat (g)	15	4
Carbohydrate (g)	84	20
Sugars (g)	11	3
Protein (g)	28	7
Salt (g)	2.57	0.62

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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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 roughly 1cm thick. Peel and grate the **garlic** (or use a garlic press). Cut the **lemon** in half.



While it Bakes

While your **risotto** bakes, roughly chop the **walnuts** and finely chop a quarter of the **rocket**. Pop the **walnuts**, **rocket** and **hard Italian style cheese** into a bowl with the **olive oil** (see ingredients for amount). Grind in some **pepper**, mix it together and leave it to one side. Meanwhile, heat a large frying pan on medium-high heat (no oil). When hot, add the **courgette** and cook until nicely charred, 5-7 mins. Turn only every couple of minutes - 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 saucepan on medium heat. **TIP: If your pan isn't ovenproof, cook as usual and transfer to an ovenproof dish before you put it in the oven.** Add the **onion** to the pan and cook until soft, 4-5 mins. Add the **garlic** and cook for 1 min, then stir in the **rice** and cook until slightly translucent, 1 min. Add the **cider vinegar** and allow it to evaporate before adding the **boiled water** (see ingredients for amount) and **veg stock paste**. Season with **salt** and **pepper**.



Grill the Cheese

Once your **risotto** is ready, remove it from your oven. Preheat your grill to high. Stir your **courgette** and **rocket pesto** into your **risotto** (add a splash of **water** if it's a bit thick). Season to taste with **salt** and **pepper** if needed. Put your **goat's cheese** on top and pop it under your grill until the **cheese** has browned, 4-5 mins.



Bake the Risotto

Stir and bring to the boil. Cover the pan with a lid (or seal it with foil). Pop onto the middle shelf of your oven and bake until the **rice** is tender, 20-25 mins. **TIP: If your pan isn't ovenproof, just pour the mixture into an ovenproof dish, cover tightly with foil instead (before baking in your oven).**



Finish and Serve

While your **risotto** is grilling, 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**, toss to coat. Once cooked, remove the **risotto** from the grill and serve 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.