



Baked Risotto

with Brazil Nut Pesto and Grilled Goat's Cheese



HELLO BRAZIL NUT

Brazil nut trees can live for over 500 years!



Onion



Courgette



Garlic Clove



Goat's Cheese



Arborio Rice



White Wine Vinegar



Vegetable Stock Pot



Brazil Nuts



Basil



Rocket



Hard Italian Cheese



Lemon

MEAL BAG

45 mins

2 of your 5 a day

Cook within 2 Days of Delivery

Veggie

If you thought the secret to a perfect creamy risotto was stirring for hours on end, think again. With minimal hands-on cooking time, this recipe is the perfect thing to knock together midweek. Bursting with delicious earthy flavours and served alongside fresh rocket, this dish is guaranteed to delight even the fussiest of eaters. No mealtime meltdowns in sight!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), a **Large Ovenproof Saucepan** (with a **Lid**) and **Measuring Jug**. Now, let's get cooking!



1 PREP TIME

Preheat your oven to 200°C. Halve, peel and chop the **onion** into small pieces. Trim the **courgette**, quarter lengthways then chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press). Cut the **goat's cheese** into 1cm thick slices (you should have four slices per person).



2 START THE RISOTTO

Heat a drizzle of **oil** in a large ovenproof saucepan on medium heat. Add the **onion** and cook until soft, 5 mins. Add the **courgette** and cook for another 5 mins. Add the **garlic** and cook for 1 minute then stir in the **rice** and cook until slightly translucent, 1 minute. Add the **white wine vinegar** and allow it to evaporate before adding the **water** (see ingredients for amount), **stock pot** and a pinch of **pepper**.



3 BAKE THE RISOTTO

Stir everything together and bring to the boil, making sure your **stock pot** has dissolved. Pop a lid on (or some foil), then put your **risotto** on the top shelf of your oven to bake for 20 mins. **★ TIP:** *If your pan isn't ovenproof, just pour the mixture into an ovenproof dish and cover tightly with foil instead.*



4 MAKE THE PESTO

While your risotto bakes, roughly chop the **Brazil nuts** and finely chop the **basil** (stalks and all!). Finely chop a **quarter** of the **rocket**. Pop your **Brazil nuts**, **basil**, chopped **rocket** and **hard Italian cheese** into a small bowl with the **olive oil** (see ingredients for amount). Grind in some **pepper** and mix it together.



5 GRILL THE CHEESE

Once the **risotto** is ready, remove it from your oven. Preheat your grill to high. Stir the **pesto** into your **risotto**, then place your **goat's cheese** on top and pop it under your grill for 4-5 mins until the **goat's cheese** has browned.



6 SALAD AND SERVE

Pop the rest of the **rocket** into a bowl and drizzle in a little **olive oil**. Add a small squeeze of **lemon juice** and toss together. Taste and add more **lemon juice** if you feel it needs it. Remove your **risotto** from your grill and serve in bowls with a handful of **rocket** on top. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion	1	1	2
Courgette	1	2	2
Garlic Clove	1	2	2
Goat's Cheese 7)	1 log	1½ logs	2 logs
Arborio Rice	175g	260g	350g
White Wine Vinegar 14)	1 sachet	2 sachets	2 sachets
Water	400 ml	600 ml	800 ml
Vegetable Stock Pot 10) 14)	1	1	2
Brazil Nuts 2)	1 small bag	1 large bag	2 small bags
Basil	1 bunch	1 bunch	1 bunch
Rocket	1 bag	2 bags	2 bags
Hard Italian Cheese 7)	1 pack	2 packs	2 packs
Olive Oil	3 tbsp	5 tbsp	6 tbsp
Lemon	½	1	1

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 456G	PER 100G
Energy (kcal)	811	178
(kJ)	3391	744
Fat (g)	41	9
Sat. Fat (g)	16	4
Carbohydrate (g)	82	18
Sugars (g)	11	2
Protein (g)	29	6
Salt (g)	3.54	0.78

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

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

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via: hello@hellofresh.co.uk

You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

Packed in the UK

