



Creamy Goat's Cheese Risotto

with Roasted Asparagus, Crispy Sage and Toasted Pine Nuts

Premium 45 Minutes • 2 of your 5 a day

31



Leek



Garlic Clove



Sage



Flat Leaf Parsley



Asparagus



Pine Nuts



Unsalted Butter



Vegetable Stock Powder



Risotto Rice



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:

Garlic Press, Baking Tray, Saucepan, Bowl, Measuring Jug, Wooden Spoon

Ingredients

	2P	3P	4P
Leek**	2	3	4
Garlic Clove**	2	3	4
Sage**	1 bunch	1 bunch	1 bunch
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Asparagus**	200g	300g	400g
Pine Nuts 2)	15g	30g	30g
Unsalted Butter 7)**	30g	30g	60g
Vegetable Stock Powder 10)	2	3	4
Risotto Rice	175g	260g	350g
Grated Hard Italian Style Cheese 7) 8)**	40g	60g	80g
Goat's Cheese 7)**	125g	190g	250g
Water*	750ml	1150ml	1500ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	478g	100g
Energy (kJ/kcal)	3410/815	713/171
Fat (g)	40	8
Sat. Fat (g)	22	5
Carbohydrate (g)	83	17
Sugars (g)	8	2
Protein (g)	31	6
Salt (g)	2.57	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

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

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

You can recycle me!



Get Prepped

Preheat your oven to 200°C. Trim the root and the dark green leafy part from the **leeks**. Halve lengthways then thinly slice. Peel and grate the **garlic** (or use a garlic press). Pull the **sage leaves** off their stalks (but keep them whole). Finely chop the **parsley** (stalks and all). Trim the bottom 2cm off of the **asparagus** and discard. Pop the **asparagus** on a baking tray, drizzle with **oil** and season with **salt** and **pepper** - set aside.



Cook the Risotto

Once you've cooked your **rice** for a minute, stir in a ladle of your **stock**. When the **stock** has been absorbed by the **rice**, stir in another ladle of **stock**. Keep the pan on medium heat and continue stirring in **stock**, letting it absorb each time. The cooking time should take 20-25 mins and your **risotto** is done when your **rice** is 'al dente' - cooked through but with a tiny bit of firmness left in the middle.



Toast the Nuts!

Heat a wide bottomed saucepan over medium heat (no **oil!**) Once hot, add the **pine nuts** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch them like a hawk as they can burn easily. Once toasted, remove the **nuts** to a bowl and pop your pan back on medium high. Add a **quarter** of your **butter** and allow to melt. Once bubbling, add the **sage leaves** in a single layer and cook them until starting to crisp, 1-2 mins. Transfer to the bowl with the **pine nuts** and set aside.



Cook the Asparagus

Halfway through the **risotto** cook time, pop the **asparagus** on the top shelf of your oven to roast until tender, 10-12 mins. When your **risotto** is cooked, remove from the heat and add the **hard Italian style cheese**, remaining **butter**, **parsley** and 1 round of **goat's cheese** per person. Stir well to make the **risotto** really creamy. Taste and add more **salt** and **pepper** to taste.



Start the Risotto!

Meanwhile, pour the **water** (see ingredients for amount) into a medium saucepan on high heat. Add the **stock powder**, stir to dissolve and reduce the heat to the lowest setting. Pop your wide bottomed pan back on medium-high heat with a drizzle of **oil** (no need to wash!). Add the **leeks** and season with **salt** and **pepper**. Fry until nicely softened, 4-5 mins, stirring occasionally. Then stir in the **garlic** and cook for 1 minute. Add the **risotto rice**, stir and cook until the edges of the **rice** are translucent, 1-2 mins.



Finish and Serve

Serve the **risotto** with the **asparagus** on one side. Crumble the **goat's cheese** on the other side and finish with the **pine nuts** and **buttery sage** sprinkled 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.