



FRESH FREEKEH RISOTTO

with Asparagus & Courgette



HELLO ASPARAGUS

It takes three years for an asparagus spear to be ready for harvest.



Onion



Garlic Clove



Asparagus



Courgette



Freekeh



Vegetable Stock Pot



Unsalted Butter



Hard Italian Cheese



Lemon



Walnuts

We've given this risotto a summery twist by making it with freekeh instead of the usual rice. Freekeh is young wheat, picked green, then toasted and cracked. It's deliciously nutty and, what's more, doesn't need any of the stirring required for a traditional risotto.

30 mins

2.5 of your
5 a day

Veggie

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**), **Large Saucepan** (with a **Lid**), **Measuring Jug** and **Baking Tray**. Now let's get cooking!



1 PREP THE VEGGIES

Preheat your grill to high. Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Cut the bottom 2cm off the **asparagus** spears and discard. Chop each spear into three pieces. Remove the top and bottom from the **courgette**, then slice into 1cm thick rounds.



4 GRILL THE VEGGIES

Meanwhile, pop the **asparagus** and **courgette** on a baking tray in a single layer. Drizzle over some **oil** and season with **salt** and **pepper**. Grill until slightly charred, 10-15 mins. **★ TIP:** Keep an eye on them and shake the tray occasionally.



2 START THE RISOTTO

Put a drizzle of **oil** in a large saucepan on medium heat and add the **onion**. Cook until soft, 5 mins. Add the **garlic** and cook for 1 minute more. Add the **freekeh** and stir well to combine.



5 FINISH THE RISOTTO

When the **freekeh** is cooked, add the **butter** and **three-quarters** of the **hard Italian cheese**. Stir energetically. Squeeze in a little **lemon juice**, stir and taste. Season with **salt**, **pepper** and **lemon juice** accordingly. Add the **veggies** and carefully stir them in.



3 ADD THE STOCK

Pour in the **water** (see ingredients for amount) and add the **stock pot**. Stir to dissolve the **stock pot** and bring to a simmer. Turn the heat to low and pop a lid on. Leave to cook for 15 mins. Once the time is up, remove the pan from the heat and leave to one side for another 5 mins (with the lid still on).



6 SERVE

Serve the **freekeh risotto** in bowls with the **walnuts** and remaining **cheese** sprinkled on top. **Enjoy!**

2 PEOPLE INGREDIENTS

Onion, chopped	1
Garlic Clove, grated	2
Asparagus, chopped	1 small bunch
Courgette, sliced	1
Freekeh ¹³⁾	150g
Water*	300ml
Vegetable Stock Pot ¹⁰⁾ ¹⁴⁾	½
Unsalted Butter ⁷⁾	15g
Hard Italian Cheese ⁷⁾	1 pack
Lemon	½
Walnuts ²⁾	1 small bag

*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 438G	PER 100G
Energy (kcal)	556	127
(kJ)	2326	531
Fat (g)	23	5
Sat. Fat (g)	9	2
Carbohydrate (g)	62	14
Sugars (g)	13	3
Protein (g)	29	7
Salt (g)	1.64	0.37

ALLERGENS

²⁾ Nut ⁷⁾ Milk ¹⁰⁾ Celery ¹³⁾ Gluten ¹⁴⁾ Sulphites

Vegetable Stock Pot: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [Contains **Sulphites**], Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

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

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: hello@hellofresh.co.uk

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

Packed in the UK

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