



Halloumi and Sun-Dried Tomato Risotto

with Baby Plum Tomatoes, Lemon Crumb and Rocket Salad

Classic 35-40 Minutes • 1 of your 5 a day • Veggie

22



Onion



Garlic Clove



Vegetable Stock Paste



Sun-Dried Tomato Paste



Risotto Rice



Baby Plum Tomatoes



Halloumi



Lemon



Panko Breadcrumbs



Grated Hard Italian Style Cheese



Rocket

Pantry Items
Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, garlic press, measuring jug, ovenproof saucepan, lid, bowl, fine grater, frying pan and kitchen paper.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1	2	2
Water for the Risotto*	500ml	750ml	1000ml
Vegetable Stock Paste 10)	20g	30g	40g
Sun-Dried Tomato Paste	1 sachet	1½ sachets	2 sachets
Risotto Rice	175g	260g	350g
Baby Plum Tomatoes	125g	190g	250g
Halloumi** 7)	250g	375g	500g
Lemon**	½	1	1
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Panko Breadcrumbs 13)	10g	15g	20g
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Grated Hard Italian Style Cheese** 7) 8)	25g	40g	50g
Rocket**	40g	60g	80g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	423g	100g
Energy (kJ/kcal)	3917 / 936	927 / 222
Fat (g)	45.4	10.8
Sat. Fat (g)	22.3	5.3
Carbohydrate (g)	87.3	20.7
Sugars (g)	10.4	2.5
Protein (g)	41.9	9.9
Salt (g)	5.36	1.27

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

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

 You can recycle me!



1



Start the Prep

Preheat your oven to 200°C. Fill and boil your kettle.

Halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).

Pour the **boiling water for the risotto** (see ingredients for amount) into a jug with the **vegetable stock paste**, stir well and set aside your **stock**.

4



Make the Lemon Crumb

While the **risotto** bakes, zest and halve the **lemon** (see ingredients for amount).

Heat the **olive oil for the crumb** (see ingredients for amount) in a medium frying pan on medium-high heat.

Add the **breadcrumbs** and season with **salt** and **pepper**. Toast until golden, 3-4 mins, stirring frequently.

Once golden, stir in **half** the **lemon zest**, then transfer to a small bowl.

2



Build the Flavour

Heat a drizzle of **oil** in a large ovenproof saucepan on medium-high heat (if you don't have an ovenproof pan, use a normal saucepan and transfer to an ovenproof dish later).

When the **oil** is hot, add the **onion** and cook until softened, 4-5 mins, stirring occasionally.

Stir in the **garlic** and **sun-dried tomato paste** and cook for 1 min more.

Add the **risotto rice**, stir and cook until the edges of the **rice** are translucent, 1-2 mins.

5



Fry the Halloumi

Pop the (now empty) frying pan back on medium-heat with a drizzle of **oil**. Remove the **halloumi slices** from the **cold water**, pop them onto a plate lined with kitchen paper and pat them dry.

Once the **oil** is hot, add the **halloumi** and fry until golden, 2-3 mins each side.

Meanwhile, squeeze the **lemon juice** into a large bowl. Add the **olive oil for the dressing** (see ingredients for amount), a pinch of **sugar** (if you have any), and season with **salt** and **pepper**. Whisk together with a fork.

3



Bake the Risotto

Pour the **stock** into the **rice** pan, then add the **baby plum tomatoes**.

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, cut the **halloumi** into slices (3 per person). Place them into a small bowl of **cold water** and leave to soak.

6



Finish and Serve

When the **risotto** is cooked, remove it from your oven and add a splash of **water** to loosen if needed.

Stir in a knob of **butter** (if you have any), the **grated hard Italian style cheese** and the remaining **lemon zest**. Season to taste if needed.

Add the **rocket** to your bowl of **dressing** and toss to coat.

Spoon the **risotto** into your bowls, then top with the **halloumi** and a sprinkle of the **lemon crumb**. Serve with the **salad** alongside.

Enjoy!