



# Halloumi and Sundried Tomato Risotto

with Baby Plum Tomatoes, Lemony Crumb and Rocket Salad

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

22



Onion



Garlic



Vegetable Stock Paste



Sun-Dried Tomato Paste



Risotto Rice



Baby Plum Tomatoes



Halloumi



Lemon



Panko Breadcrumbs



Rocket

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Kettle, Garlic Press, Saucepan, Ovenproof Dish, Zester, Frying Pan and Bowl.

## Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic**	1	2	2
Vegetable Stock Paste <b>10)</b>	20g	30g	40g
Water for the Rice*	450ml	675ml	900ml
Sun-Dried Tomato Paste	1 sachet	1½ sachets	2 sachets
Risotto Rice	175g	260g	350g
Baby Plum Tomatoes**	125g	190g	250g
Halloumi** <b>7)</b>	250g	375g	500g
Lemon**	½	1	1
Olive Oil for the Crumb*	1 tbsp	1½ tbsp	2 tbsp
Panko Breadcrumbs <b>13)</b>	10g	15g	20g
Rocket**	40g	60g	80g
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	<b>410g</b>	<b>100g</b>
Energy (kJ/kcal)	3728 /891	909 /217
Fat (g)	42	10
Sat. Fat (g)	20	5
Carbohydrate (g)	87	21
Sugars (g)	9	2
Protein (g)	38	9
Salt (g)	5.13	1.25

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 10) Celery 13) Gluten

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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You can recycle me!



## 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 rice** (see ingredients for amount) into a jug with the **vegetable stock paste**, stir well and set aside.



## Start the Risotto

Heat a drizzle of **oil** in a large ovenproof saucepan on medium-high heat. **TIP: If you don't have an ovenproof pan, just cook in a normal saucepan then transfer it to an ovenproof dish before the risotto goes in the oven.** When the **oil** is hot, add the **onion** and cook until softened, 4-5 mins, stirring occasionally. Add the **garlic** and **sun-dried tomato paste** and cook for 1 min more. Stir in the **risotto rice** and cook until the edges are slightly translucent, 1-2 mins.



## Oven Time

Next, pour the **stock** into the **rice** then add the **baby plum tomatoes**. Bring it back to the boil then cover with a lid (or some tightly fitting foil). Pop onto the top shelf of your oven and bake until the **rice** is cooked and the **stock** absorbed, 20-25 mins. Meanwhile, cut the **halloumi** into three slices per person. Place the **halloumi** slices in a small bowl of **cold water** and leave to soak.



## Finish the Prep

While the **risotto** is cooking, zest and halve the **lemon** (see ingredients for amount). Heat the **olive oil for the crumb** (see ingredients for amount) in a frying pan on medium-high heat. Add the **breadcrumbs** and season with **salt** and **pepper**. Toast them until golden, 3-4 mins, stirring every minute. Once golden, stir in **half the lemon zest** and transfer it into a bowl.



## Mix It Up

Pop the frying pan back on medium-heat and add 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, lay in the **halloumi slices**. Fry until golden, 3-4 mins on each side, then remove the pan from the heat. 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 some), and season with **salt** and **pepper**. Whisk together with a fork.



## Serve

When the **risotto** is cooked, remove it from your oven. Carefully take the lid off the pan and add a splash of **water** to loosen if you need to. Stir in a knob of **butter** (if you have some) and the remaining **lemon zest**. Season to taste if needed. Add the **rocket** to your bowl of **dressing** and toss to coat. Share out the **risotto** into your serving bowls, top with the **halloumi** and finish with a sprinkling of the **lemony crumb**. Serve with the **salad** alongside.

## 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.