

# Hot Smoked Salmon Risotto



with Leek and Chives

CLASSIC 35 Minutes • 1 of your 5 a day



# **Before you start**

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Measuring Jug, Two Saucepans and Ladle.

#### Ingredients

| 1<br>2 cloves<br>1 bunch | 2<br>3 cloves                                    | 2<br>4 cloves   |
|--------------------------|--|---|
|                          | 3 cloves   | 4 cloves  |
| 1 bunch                  |  |   |
|                          | 1 bunch  | 1 bunch   |
| 1⁄2                      | 1  | 1   |
| 1⁄2                      | 1  | 1   |
| 750ml                    | 1100ml   | 1500ml  |
| 2 sachets                | 3 sachets  | 3 sachets   |
| 175g                     | 260g   | 350g  |
| 150g                     | 200g   | 300g  |
| 30g                      | 30g  | 60g   |
| 1 pack                   | 2 packs  | 2 packs   |
|                          | 1/2<br>750ml<br>2 sachets<br>175g<br>150g<br>30g | 1   ½ 1   750ml 1100ml   2 sachets 3 sachets   175g 260g   150g 200g   30g 30g   1 pack 2 packs |

\*Not Included \*\* Store in the Fridae

#### Nutrition

|                         | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 329g        | 100g     |
| Energy (kJ/kcal)        | 2946 /704   | 895/214  |
| Fat (g)                 | 28          | 9        |
| Sat. Fat (g)            | 14          | 4        |
| Carbohydrate (g)        | 77          | 23       |
| Sugars (g)              | 4           | 1        |
| Protein (g)             | 33          | 10       |
| Salt (g)                | 3.79        | 1.15     |

Nutrition for uncooked ingredients based on 2 person recipe.

#### Allergens

4) Fish 7) Milk 8) Egg 10) Celery

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

#### Contact

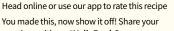
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## 1. Get Prepped

Trim the root and the dark green leafy part from the leek. Halve lengthways then thinly slice widthways. Peel and grate the garlic (or use a garlic press). Finely chop the chives. Zest and halve the lemon. Thinly slice the chilli.



### 2. Start the Risotto

Bring the **water** (see ingredient list for amount) to the boil in a saucepan and stir in the vegetable stock powder to dissolve. Reduce the heat to low and keep the **stock** on a low heat ready to add to the risotto later. Meanwhile, heat a drizzle of oil in a large saucepan on medium-high heat. Once hot, add the leek and cook until it has softened, 4-5 mins, stirring occasionally.



## 3. Get Stirring!

When the leek has softened, stir in the garlic and cook for one minute. Next, add the arborio rice and stir to evenly coat in the garlicky oil.



Once the rice has cooked 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 be 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. TIP: Add a splash of water and carry on cooking if the rice has absorbed all the stock but isn't quite cooked.



## 5. Finish up

Once the risotto is cooked, stir in the smoked salmon flakes and cook for couple of mins to ensure they are piping hot. Then remove from the heat. Quickly stir in the **butter**, hard Italian style cheese and lemon zest until melted. Stir in half the chives and a small squeeze of lemon juice too. Taste and add salt, pepper and more lemon juice too if you feel it needs it.



## 6. Finish and Serve

Spoon the risotto into bowls and sprinkle over the remaining chives and the sliced chilli. Grind over some **black pepper** and serve with any remaining **lemon** chopped into wedges on the side.

### **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.

