



More Than Food
HelloFresh.co.uk

Enjoy
within
2 days



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

Leek and Courgette Risotto with Toasted Pine Nuts

We've been told that the best and sweetest peas come from Kenya. However, Monsoon season has hit and has left our peas in a sorry state. Patrick didn't want this to impact the fresh and summery flavours of his favourite risotto, so he's reinvented it to pair leeks with courgettes. The result might even be his new favourite... So much so that he enjoyed it all before taking a new photo!

30 mins

gluten free

veggie



Vegetable Stock Pot (2)



Leek (1)



Garlic Clove (1)



Echallion Shallot (1)



Pine Nuts (1 tbsp)



Netherend Butter
(1 1/2 tbsp)



Arborio Rice (1 cup)



Courgette (1)



Hard Italian Cheese
(4 tbsp)

Ingredients

2 PEOPLE

ALLERGENS

Vegetable Stock Pot	2	Celery, Sulphites
Leek, shredded	1	
Garlic Clove, chopped	1	
Echallion Shallot, sliced	1	
Pine Nuts	1 tbsp	
Netherend Butter	1½ tbsp	Milk
Arborio Rice	1 cup	
Courgette, chopped	1	
Hard Italian Cheese	4 tbsp	Milk

 Our fruit and veggies may need a little wash before using

Did you know...

Pine nuts come from ... drum roll please ... pine cones!

Nutrition per serving: Calories: 556 kcal | Protein: 18 g | Carbs: 81 g | Fat: 17 g | Saturated Fat: 7 g

2



1 Bring 800ml of **water** to a gentle simmer in a pot. Once simmering, add the **stock pots** and stir until dissolved. **Tip:** *Leave the stock on the lowest heat to keep it hot during the whole cooking process.*

3



2 Chop the tough green top and the very bottom from the **leek**. Chop the **leek** in half lengthways. Very finely shred the **leek** widthways. Peel and chop the **garlic clove** (use a garlic press if you have one!). Remove the skin from the **shallot**, cut in half lengthways and slice into very thin half moons. Chop the **courgette** into quarters lengthways, then chop into 1cm cubes.

5



3 Brown off the **pine nuts** in a dry frying pan on medium heat but watch them like a hawk. Remove the nuts from the pan and then add 1 tbsp of **butter** and 1 tbsp of **olive oil** to the same pan on medium-low heat. Add the **leek**, **courgette**, **garlic** and **shallot** to the pan. Slowly stew for 5 mins until soft. **Tip:** *Do not let these ingredients burn - if it is cooking too fast, add 1 tbsp of water and turn the heat to low.*

6



4 Add the **rice** and mix well to coat it in the **butter** and **olive oil**. Turn the heat to medium, add ¼ tsp of **salt** and stir. **Tip:** *After about 3 mins there should be a slight translucency around the edges of the rice. Tip: If you have some leftover white wine, add 4 tbsp now and let the alcohol bubble off for a minute to mellow the flavour!*

5 Add a ladle of stock to your **rice** and stir it with long, massaging motions. Once the stock is almost soaked in, add another ⅔ cup and continue stirring. **Tip:** *Risotto does need a bit of attention but the resulting flavour is worth it!*

6 Continue adding the stock and stirring as above for around 15-20 mins. When the risotto is almost ready, add two-thirds of the grated **Italian cheese**. **Tip:** *The risotto is ready when the rice is cooked through but has the slightest hint of firmness left in the middle.*

7 Once your risotto is ready, add enough stock to make it slightly runny (risotto should not have the consistency of concrete!). Stir in the remaining **butter** and **cheese**, test for seasoning and add **salt** and **pepper** to taste. Sprinkle the **pine nuts** on top and gobble!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!