



# Oven-Baked Aubergine Risotto with Sun-Dried Tomato, Rocket and Cheese

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

20



Aubergine



Red Onion



Garlic Clove



Italian Style Herbs



Sun-Dried  
Tomato Paste



Risotto Rice



Vegetable Stock  
Paste



Unsalted Butter



Grated Hard Italian  
Style Cheese



Rocket

## 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, baking tray, ovenproof pan, saucepan and lid.

## Ingredients

	2P	3P	4P
Aubergine**	1	1	2
Red Onion**	½	1	1
Garlic Clove**	1	2	2
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Sun-Dried Tomato Paste	1 sachet	1½ sachets	2 sachets
Risotto Rice	175g	260g	350g
Water for the Risotto*	450ml	675ml	900ml
Vegetable Stock Paste (10)	20g	30g	40g
Unsalted Butter** (7)	30g	40g	60g
Grated Hard Italian Style Cheese** (7) (8)	40g	40g	80g
Rocket**	20g	40g	40g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	341g	100g
Energy (kJ/kcal)	2452/586	719/172
Fat (g)	20.4	6.0
Sat. Fat (g)	12.2	3.6
Carbohydrate (g)	81.1	23.8
Sugars (g)	7.7	2.3
Protein (g)	16.4	4.8
Salt (g)	2.70	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 10) Celery

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

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## Get Prepped

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

Trim the **aubergine**, then halve lengthways. Chop each half into four long strips, then chop widthways into roughly 2cm pieces.

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



## Add the Stock

Add the **boiled water for the risotto** (see ingredients for amount) and **veg stock paste**. Stir to combine.

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.



## Roast the Aubergine

Pop the **aubergine** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over **half the Italian style herbs**. Use your hands to rub the **flavours** all over, then spread out in a single layer.

When the oven is hot, roast on the top shelf until soft and golden, 20-25 mins. Turn halfway through.



## Finish Up

When the **risotto** is cooked, remove it from the oven and mix in the **butter** and **hard Italian style cheese**.

Stir through the **roasted aubergine**. Season to taste with **salt** and **pepper** if needed. **TIP:** Add a splash of water if it's a little dry.



## Start the Risotto

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

Once hot, add the **onion** and fry until soft, 4-5 mins. Stir in the **sun-dried tomato paste**, **garlic** and remaining **Italian style herbs**.

Cook for 1 min, then stir in the **risotto rice** and cook until the edges of the **rice** are translucent, 1-2 mins.



## Serve

Share the **aubergine risotto** between your bowls and serve with a handful of **rocket** on top.

## Enjoy!