

# Oven-Baked Chorizo & Sweetcorn Risotto

with Rocket & Balsamic Vinegar

**CLASSIC** 30 Minutes • 1.5 of your 5 a day







Sweetcorn



Chicken Stock Powder





Arborio Rice



Balsamic Vinegar

Diced Chorizo





**Baby Plum Tomato** 



Hard Italian Style Cheese



**Unsalted Butter** 

# **Before you start**

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

# Basic cooking tools you will need:

Sieve, Measuring Jug, Ovenproof Pan and Mixing Bowl.

## **Ingredients**

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	2P	3P	4P	
Sweetcorn	1 small tin	¾ large tin	1 large tin	
Garlic**	1	1	2	
Water for the Risotto*	450ml	675ml	900ml	
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets	
Diced Chorizo <b>7)</b> **	120g	180g	240g	
Arborio Rice	175g	260g	350g	
Balsamic Vinegar 14)	1 sachet	1⅓ sachets	2 sachets	
Olive Oil*	2 tbsp	3 tbsp	4 tbsp	
Rocket**	1 bag	1½ bags	2 bags	
Baby Plum Tomato	1 small punnet	¾ large punnet	1 large punnet	
Hard Italian Style Cheese <b>7) 8)</b> **	1 pack	1½ packs	2 packs	
Unsalted Butter 7)**	30g	45g	60g	

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

#### Nutrition

	Per serving	Per 100g
for uncooked ingredients	398g	100g
Energy (kJ/kcal)	3661 /875	920/220
Fat (g)	44	11
Sat. Fat (g)	19	5
Carbohydrate (g)	87	22
Sugars (g)	11	3
Protein (g)	32	8
Salt (g)	3.32	0.83

Nutrition for uncooked ingredients based on 2 person recipe.

## **Allergens**

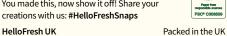
7) Milk 8) Egg 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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. Prep Time

Preheat your oven to 200°C. Fill and boil your kettle. Drain and rinse the **sweetcorn** in a sieve. Peel and grate the **garlic** (or use a garlic press). Pour the boiling **water** (see ingredients for amount) into a measuring jug and stir in the **chicken stock powder.** 



# 2. Cook the Chorizo

Heat a drizzle of **oil** in an ovenproof pan over medium-high heat. When hot, add the **chorizo** and cook until browned and it releases its **fragrant oil**, 3-4 mins.



# 3. Bake the Risotto

Stir in the **sweetcorn** and cook for 2-3 mins. Stir in the **garlic** and **rice**, cook for a minute and then pour in the **stock**. Bring to the boil, cover with a tight fitting lid or foil and transfer to the oven. Bake on the middle shelf of your oven until the **rice** is tender, 20-25 mins.



# 4. Make the Salad

In a bowl, mix the **balsamic vinegar** with the **olive oil** (see ingredients for amount). Season with **salt** and **pepper**. Dressing done! Pop the **rocket** on top we will toss this together later to dress the **leaves**.



## 5. Tomato Time

Once the **risotto** has been in the oven for 10 mins, carefully remove and quickly add the **baby plum tomatoes** to the pan (don't stir them in - just sit them on top). Pop the lid back on and return to the oven for the remaining cooking time.



## 6. Finish and Serve

When the **risotto** is ready, carefully remove from the oven and stir in the **hard Italian style cheese** and the **butter**. Mix well. Season to taste with **salt** and **pepper**. Share between your bowls. Toss the **rocket** in the **balsamic dressing** and serve on top or alongside.

Enjoy!