



Oven-Baked Chorizo & Sweetcorn Risotto

with Rocket & Balsamic Vinegar

CLASSIC 30 Minutes • 1.5 of your 5 a day



Sweetcorn



Garlic



Chicken Stock Powder



Diced Chorizo



Arborio Rice



Balsamic Vinegar



Rocket



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

	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 7)**	120g	180g	240g
Arborio Rice	175g	260g	350g
Balsamic Vinegar 14)	1 sachet	1½ 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 7) 8)**	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**.



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**.



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.



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.



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.



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!