



Oven-Baked Ratatouille Risotto with Rocket and Cheese

Calorie Smart 40-45 Minutes • 3 of your 5 a day • Veggie • Under 650 Calories

23



Courgette



Bell Pepper



Red Onion



Garlic Clove



Italian Style Herbs



Sun-Dried Tomato Paste



Risotto Rice



Vegetable Stock Paste



Unsalted Butter



Grated Hard Italian Style Cheese



Rocket

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, garlic press, baking tray, ovenproof pan and lid.

Ingredients

| Ingredients | 2P | 3P | 4P |
|-------------------------------------------------|-----------|------------|-----------|
| Courgette** | 1 | 2 | 2 |
| Bell Pepper*** | 1 | 2 | 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 |
| Vegetable Stock Paste 10) | 20g | 30g | 40g |
| Unsalted Butter** 7) | 30g | 30g | 30g |
| Grated Hard Italian Style Cheese** 7) 8) | 40g | 40g | 80g |
| Rocket** | 20g | 40g | 40g |
| Pantry | 2P | 3P | 4P |
| Water for the Risotto* | 500ml | 750ml | 1000ml |

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

| Typical Values for uncooked ingredient | Per serving | Per 100g |
|----------------------------------------|--------------------|-------------------|
| Energy (kJ/kcal) | 439g 2646 / 633 | 100g 604 / 144 |
| Fat (g) | 21.7 | 5.0 |
| Sat. Fat (g) | 12.4 | 2.8 |
| Carbohydrate (g) | 85.3 | 19.5 |
| Sugars (g) | 15.8 | 3.6 |
| Protein (g) | 19.4 | 4.4 |
| Salt (g) | 2.80 | 0.64 |

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

PersonalPoints™ values based on low-cal cooking spray oil.

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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.
Fill and boil your kettle.

Trim the **courgette**, then quarter lengthways. Chop into 1cm chunks.

Halve the **pepper** and discard the core and seeds. Slice into thin strips. Halve, peel and chop the **red 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 pantry for amount) and **veg stock paste** to the pan. 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 Veg

Pop the **courgette** and **pepper** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over **half** the **Italian style herbs**.

Use your hands to cover the **veg** in the **herbs**, 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 courgette** and **pepper**.

Season to taste with **salt** and **pepper** if needed, adding a splash of **water** if it's a little dry.



Start your Risotto

Meanwhile, heat a drizzle of **oil** in a large ovenproof pan on medium heat. **TIP:** If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.

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 **ratatouille risotto** between your bowls and serve with a handful of **rocket** on top.

Enjoy!

Scan to get your exact PersonalPoints™ value

