



Oven-Baked Ratatouille Risotto with Rocket and Cheese

23

Calorie Smart 40-45 Minutes • 2 of your 5 a day • Veggie • Under 650 Calories • **Eat Me Early**



Courgette



Bell Pepper



Red Onion



Garlic Clove



Mixed Herbs



Sun-Dried
Tomato Paste



Lemon & Herb
Seasoning



Risotto Rice



Vegetable Stock
Paste



Grated Hard Italian
Style Cheese



Rocket

Pantry Items

Oil, Salt, Pepper, Butter

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, lid and aluminium foil.

Ingredients

Ingredients	2P	3P	4P
Courgette**	1	1½	2
Bell Pepper***	1	2	2
Red Onion**	½	1	1
Garlic Clove**	1	2	2
Mixed Herbs	1 sachet	1 sachet	2 sachets
Sun-Dried Tomato Paste	25g	37g	50g
Lemon & Herb Seasoning	1 sachet	2 sachets	2 sachets
Risotto Rice	175g	260g	350g
Vegetable Stock Paste (10)	20g	30g	40g
Grated Hard Italian Style Cheese** (7) (8)	40g	40g	80g
Rocket**	20g	40g	40g
Pantry	2P	3P	4P
Boiled Water for the Risotto*	500ml	750ml	1000ml
Butter*	20g	30g	40g

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

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	364g	100g
Energy (kJ/kcal)	2367 / 566	651 / 156
Fat (g)	17.2	4.7
Sat. Fat (g)	9.3	2.6
Carbohydrate (g)	84.3	23.2
Sugars (g)	9.8	2.7
Protein (g)	17.4	4.8
Salt (g)	3.07	0.84

Nutrition for uncooked ingredients based on 2 person recipe.

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

Points™ 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.

Contact

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Get Prepped

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

Trim the **courgette**, then cut into small pieces. Halve the **pepper** and discard the core and seeds. Slice into thin strips.

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 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 **sliced pepper** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **mixed herbs**.

Use your hands to coat 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** (see pantry for amount) 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**, **lemon & herb seasoning** and **garlic**.

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!

