



Oven-Baked Ratatouille Risotto with Charred Courgettes and Cheese

Classic 35-40 Minutes • 3 of your 5 a day

19



Aubergine



Green Pepper



Red Onion



Courgette



Garlic Clove



Lemon



Italian Style Herbs



Tomato Puree



Risotto Rice



Vegetable Stock Paste



Unsalted Butter



Grated Hard Italian Style Cheese



Bacon Lardons

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

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, zester, baking tray, ovenproof pan, saucepan, lid and frying pan.

Ingredients

	2P	3P	4P
Aubergine**	1	1	2
Green Pepper**	1	2	2
Red Onion**	½	1	1
Courgette**	1	1	2
Garlic Clove**	1	2	2
Lemon**	½	½	1
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Tomato Puree	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	45g	60g
Grated Hard Italian Style Cheese** (7) (8)	40g	40g	80g
Bacon Lardons**	90g	120g	180g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	552g	100g
Energy (kJ/kcal)	2584/618	468/112
Fat (g)	20	4
Sat. Fat (g)	12	2
Carbohydrate (g)	87	16
Sugars (g)	14	3
Protein (g)	19	3
Salt (g)	2.36	0.43
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	597g	100g
Energy (kJ/kcal)	3072/734	514/123
Fat (g)	29	5
Sat. Fat (g)	15	3
Carbohydrate (g)	88	15
Sugars (g)	14	2
Protein (g)	26	4
Salt (g)	3.59	0.60

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.

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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 the **peppers** and discard the core and seeds. Slice into thin strips. Halve, peel and chop the **red onion** into small pieces. Trim the **courgette** then slice into rounds about 1cm thick. Peel and grate the **garlic** (or use a garlic press). Zest the **lemon** and cut in half.



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 Veg

Pop the **aubergine** and **pepper** 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 the **veg**, 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.



Char the Courgettes

While the **risotto** bakes, heat a large frying pan on high heat (no oil). When hot, add the **courgette** slices and cook until charred, 3-4 mins on each side. Turn only every couple of mins - this will result in the **courgette** picking up some nice colour. Once cooked, season with **salt** and **pepper**, then remove from the heat.



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). Add the **onion** and fry until soft, 4-5 mins. Add the **tomato puree**, **garlic** and remaining **Italian style herbs** and cook for 1 min, then stir in the **risotto rice**. Cook until the edges of the **rice** are translucent, 1-2 mins.

CUSTOM RECIPE

If you've chosen to add **bacon** to your meal, add it to the pan before the **onion**. Stir-fry until golden, 4-5 mins. Add the **onion** to the **lardons** and continue as instructed. **IMPORTANT: Wash your hands and equipment after handling raw meat. Cook lardons thoroughly.**



Finish and Serve

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**, **pepper**, **lemon zest** and a squeeze of **lemon juice**. Season to taste with **salt**, **pepper** and more **lemon juice** if needed. **TIP: Add a splash of water if it's a little dry.** Share the **risotto** between your bowls and top with the **charred courgettes**. Cut the remaining **lemon** into **wedges** and serve alongside.

Enjoy!