



Oven Baked Risotto

with Hot Smoked Salmon and Rocket



HELLO GARLIC

After preparing garlic, rubbing your hands on a stainless steel spoon can help get rid of the smell!



Echalion Shallot



Garlic Clove



Courgette



Flat Leaf Parsley



Vegetable Stock Pot



Water



Tomato Purée



Arborio Rice



Lemon



Hot Smoked Salmon Fillet



Rocket



Unsalted Butter

MEAL BAG

Hands-on time: **15** mins
Total time: **40** mins

Enjoy within **2** days

2 of your **5** a day

Family Box

Too tired to cook? We know the feeling. At HelloFresh we believe that being short of time should never stand in the way of getting delicious food on the table. Baking your risotto in the oven is a really easy way to cut prep time in half, without losing out on the creaminess you get from a normal risotto. We'll pass your compliments to the chef!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Measuring Jug**, **Ovenproof Pan** (with a **Lid**) and **Frying Pan**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 200°C and pop the kettle onto boil. Halve, peel and chop the **shallot** into ½cm pieces. Peel and grate the **garlic** (or use a garlic press). Remove the top and bottom from the **courgette**. Slice into 1cm thick rounds. Twist and tear the **parsley bunch** in half. Pick the **parsley leaves** from their stalks and roughly chop. Finely chop the **stalks** (keep them separate).



4 FLAKE THE SALMON

Remove and discard the skin from the **hot smoked salmon**. In another bowl, flake the flesh into 1cm chunks using two forks.



2 START THE RISOTTO

Dissolve the **vegetable stock pot** in the boiling **water** (amount specified in the ingredient list). Heat a splash of **oil** in an ovenproof pan or casserole dish (with a lid) over medium-high heat. Cook the **shallot** and **parsley stalks** until softened, 4-5 mins. Add the **garlic** and **tomato purée**. Stir and then add the **arborio rice**. Mix well to coat the **rice**. Add the **stock**, bring to the boil, cover with the lid and pop on the top shelf of your oven for 20 mins.



5 FINISH THE RISOTTO

When the **risotto** has been in the oven for 20 mins, carefully remove it and gently stir in the **fish**. Pop back into your oven for 5 mins to finish off cooking and to heat the **salmon** through. Next, put the **rocket** into a bowl and cut the **lemon** in half. Add a glug of **oil** and a little squeeze of **lemon juice** to the bowl and toss together.



3 COOK THE COURGETTE

Meanwhile, heat a frying pan over high heat (no **oil**) and add the **courgette**. Cook on each side or until nicely charred and soft enough to eat, 4-5 mins. Transfer to a bowl and season with **salt** and **black pepper**. Drizzle over a splash of **oil** and grate in a small amount of **lemon zest**. Mix well and keep to one side.



6 SERVE

When the **risotto** is ready, remove from the oven and stir through the **butter**, **courgette** and **parsley leaves**. **★ TIP: Don't over stir the risotto or it will become mushy.** Taste and add more **salt** and **black pepper** if necessary. Add a squeeze of remaining **lemon juice**. Serve the **hot smoked salmon risotto** in deep bowls with the **rocket** on top or on the side. **Enjoy!**

4 PEOPLE INGREDIENTS

Echalion Shallot, chopped	2
Garlic Clove, grated	2
Courgette, sliced	2
Flat Leaf Parsley, chopped	1 large bunch
Vegetable Stock Pot 9) 12)	2
Water*	800ml
Tomato Purée	60g
Arborio Rice	350g
Lemon	2
Hot Smoked Salmon Fillet 4)	2
Rocket	1 bag
Unsalted Butter 7)	30g

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	672	156
(kJ)	2819	652
Fat (g)	26	6
Sat. Fat (g)	7	2
Carbohydrate (g)	78	18
Sugars (g)	8	2
Protein (g)	30	7
Salt (g)	3.92	0.91

ALLERGENS

4)Fish 7)Milk 9)Celery 12)Sulphites

Vegetable Stock Pot:Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains sulphites], Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

👍 THUMBS UP OR THUMBS DOWN?

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