

# 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** 





Courgette





Flat Leaf Parsley



Vegetable Stock Pot







Tomato Purée





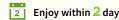
Hot Smoked Salmon Fillet

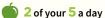




**Unsalted Butter** 

Hands-on time: 15 mins 2 Enjoy within 2 days







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**

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!



## **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).



# **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.



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.



# **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.

**PER SERVING** 

672

2819

26

7

78

8

30

3.92

**INGREDIENTS** 

2

2

2

800ml 60g

350g 2

2

1 bag

30g

**PER 100G** 

156

652

2

18

2

0.91

1 large bunch

Echalion Shallot, chopped Garlic Clove, grated

Flat Leaf Parsley, chopped

Vegetable Stock Pot 9) 12)

Hot Smoked Salmon Fillet 4)

Courgette, sliced

Water\*

Lemon

Rocket

Tomato Purée Arborio Rice

Unsalted Butter 7)

\*Not Included

**NUTRITION** 

Fat (g)

Sat. Fat (g)

Sugars (g)

Protein (g) Salt (g)

Carbohydrate (g)

Energy (kcal)

(kJ)



## **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.



### **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.



# **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!** 



#### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

You made this, now show it off! Share your creations with us:









