



# SMOKED SEAFOOD RISOTTO

with Roasted Tomatoes



## HELLO DILL

*This herb gets its name from the Norse word 'dilla', meaning to lull, because it is used to soothe babies*



Echalion Shallot



Dill



Lemon



Vegetable Stock Powder



Plum Tomatoes



Arborio Rice



Smoked Seafood Mix



Italian Style Grated Hard Cheese

MEAL BAG

35 mins

1 of your 5 a day

Velvety and comforting, Chef Lizzie's seafood risotto recipe is the perfect recipe for chilly evenings. When the arborio rice is nearly done (it should slightly retain its bite) stir in our delicious smoked seafood mix with the zest and juice of a lemon, dill, and Italian style grated hard cheese and serve everything up in the middle of your table.

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Large Frying Pan**, **Measuring Jug**, **Large Saucepan**, **Baking Tray** and **Ladle**. Now, let's get cooking!



## 1 PREP TIME

Preheat your oven to 150°C. Halve, peel and finely slice the **shallot**. Roughly chop the **dill** (stalks and all). Zest the **lemon** then chop into wedges. Heat a drizzle of **oil** (or a knob of **butter** if you have some) in a large frying pan on medium heat. Add the **shallot** and cook, stirring occasionally, until softened, 3-4 mins.



## 2 ROAST THE TOMATOES

Meanwhile, pour the **water** (see ingredients for amount) into a large saucepan and stir in the **stock powder**. Bring to the boil, stirring to dissolve the **stock powder**, then reduce the heat to the lowest setting. Halve the **tomatoes** and pop them on a baking tray. Drizzle with **oil** and season with a pinch of **salt** and **pepper**. Spread out in one layer and pop on the top shelf of your oven to roast until soft and caramelised, 20-25 mins.



## 3 START THE RISOTTO

Stir the **arborio rice** into the frying pan and cook for 1 minute. Stir in a ladle of **stock**. When the **stock** has been absorbed by the **rice**, stir in another ladle of **stock**. Keep the frying pan on medium heat and continue stirring in **stock**, letting it absorb each time. The cooking time should take 20-25 mins and your **risotto** is done when your **rice** is 'al dente' - cooked through but with a tiny bit of firmness left in the middle.



## 4 COOK THE FISH

About 3-4 mins before your **risotto** is done, carefully add the **seafood mix**. Cook for another 3-4 mins, stirring occasionally, do this carefully so as the **fish** doesn't break up too much. **! IMPORTANT:** The fish is cooked when the centre is opaque and the prawns are cooked when pink on the outside and opaque all the way thorough.



## 5 FINISH THE RISOTTO

When your **risotto** is done and the **fish** is cooked through, remove the pan from the heat. Gently stir through the **lemon zest**, **Italian style grated hard cheese** and **half the dill**. Season to taste with **salt** and **pepper** and add a squeeze of **lemon juice**.



## 6 SERVE

Serve the **risotto** in bowls topped with the **roasted plum tomatoes** and a sprinkling of the remaining **dill**. Finish with the rest of the **lemon wedges** for squeezing over. **Enjoy!**

# 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Echalion Shallot *	1	2	2
Dill *	1 bunch	1 bunch	1 bunch
Lemon *	1	1½	2
Water*	750ml	1.125ltr	1.5ltr
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Plum Tomatoes	1 small punnet	¾ large punnet	1 large punnet
Arborio Rice	175g	260g	350g
Smoked Seafood Mix 4) 5) *	215g	320g	425g
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 409G	PER 100G
Energy (kJ/kcal)	2324 / 556	568 / 136
Fat (g)	12	3
Sat. Fat (g)	8	2
Carbohydrate (g)	76	18
Sugars (g)	7	2
Protein (g)	35	9
Salt (g)	1.31	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

## ALLERGENS

4) Fish 5) Crustaceans 7) Milk 8) Egg 10) Celery

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

## THUMBS UP OR THUMBS DOWN?

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