



SEASONAL PEA RISOTTO

with Balsamic Roasted Cherry Tomatoes and Pea Shoots



HELLO BALSAMIC VINEGAR

This condiment's name comes from the word 'balsam' meaning 'health-giving'. A tiny amount makes a good digestif!



Water



Vegetable Stock Pot



Echalion Shallot



Garlic Clove



Lemon



Basil



Cherry Tomatoes



Balsamic Vinegar



Arborio Rice



Peas



Hard Italian Cheese



Steve's Leaves:
Pea Shoots

35 mins

eat within 2 days

2.5 of your 5 a day

Veggie

Risotto really is a dish for all seasons. It brings comfort and warmth in the winter but can also be a great showcase for lighter, more summery flavours. This version pops with sweet peas and is complemented by tangy roast cherry tomatoes. Enjoy!

BEFORE YOU START

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



1 MAKE THE STOCK

Preheat your oven to 200°C. Put the **water** (amount specified in the ingredient list) in a large saucepan and add the **vegetable stock pot**. Bring to a gentle simmer and stir to dissolve. **TIP:** Leave the stock on the lowest heat to keep it hot during the whole cooking process.



2 PREP THE VEGGIES

Halve, peel and thinly slice the **shallot** into half moons. Peel and grate the **garlic** (or use a garlic press). Zest and juice the **lemon**. Pick the **basil leaves** from their stalks (discard the stalks). Put the **cherry tomatoes** on a baking tray. Drizzle over a little **oil** and the **balsamic vinegar** and season with **salt** and **black pepper**. Roast on the top shelf of your oven until soft and juicy, 12-15 mins, then remove and set aside.



3 START THE RISOTTO

Meanwhile, put a knob of **butter** (if you have some) in another large saucepan on medium-low heat. **TIP:** If you don't have butter use a glug of olive oil instead. Add the **shallot** and cook gently until translucent, 4 mins. Add the **garlic** and half the **lemon zest** and continue to cook for 1 minute more. **TIP:** Don't let the shallot burn. If it's cooking too fast or beginning to brown, add a splash of water and turn the heat to low.



4 LADLE AND STIR

Add the **arborio rice** to the pan and cook, stirring, until the grains are glossy and slightly translucent around the edges, 3 mins. **TIP:** If you have some white wine, add a good splash now and let it bubble away for a minute. Add two ladlefuls of **stock** to the rice and cook, stirring, until it has nearly all been absorbed. Continue adding ladlefuls of **stock** and stirring until your rice is cooked, 20-25 mins.



5 ADD THE PEAS

In the last 5 mins of the **risotto** cooking time, add the **peas** to the pan. Once your **risotto** is almost ready, tear in the **basil** and add the **hard Italian cheese**. **TIP:** Your risotto should have a lava-like consistency so add a little water if it needs loosening up. Taste and season with **salt** and **black pepper** if you feel it needs it. Add a little **lemon juice** too but be careful or it will overwhelm the other flavours!



6 FINISH AND SERVE

Serve your **risotto** in bowls, topped with some **roasted cherry tomatoes** and a handful of **pea shoots**. **Enjoy!**

2 PEOPLE INGREDIENTS

Water*	700ml
Vegetable Stock Pot 9) 12)	1
Echalion Shallot, sliced	1
Garlic Clove, grated	2
Lemon	½
Basil, torn	1 bunch
Cherry Tomatoes	1 punnet
Balsamic Vinegar 12)	1 tbsp
Arborio Rice	175g
Peas	1 pack
Hard Italian Cheese 7)	80g
Steve's Leaves: Pea Shoots	1 pack

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	556	134
(kJ)	2342	566
Fat (g)	11	3
Sat. Fat (g)	6	2
Carbohydrate (g)	86	21
Sugars (g)	12	3
Protein (g)	27	6
Salt (g)	3.26	0.79

ALLERGENS

7)Milk 9)Celery 12)Sulphites

Vegetable Stock Pot Ingredients: 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?

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.

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