



# Sun-Dried Tomato Risotto

with Asparagus



## HELLO ASPARAGUS

It takes three years for an asparagus spear to be ready for harvest.



Echalion Shallot



Garlic Clove



Asparagus



Sun-Dried Tomatoes



Vegetable Stock Powder



Tomato Purée



Arborio Rice



Balsamic Vinegar



Italian Style Grated Hard Cheese



Unsalted Butter

Risotto has a bad reputation. Many people think it's hard to cook. But they're wrong! It's super easy! Yes, there's a bit of stirring but that's what makes it such a creamy, comforting dish. However, there is one area where risotto can be demanding: once ready, it doesn't like being kept waiting and should be eaten without delay! Hardly sounds like a chore to us...

40 mins

1 of your 5 a day

Veggie

MEAL BAG

7

## 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**, two **Large Saucepans**, a **Ladle** and a **Baking Tray**. Now, let's get cooking!



### 1 PREP THE VEGGIES

Preheat your oven to 200°C. Halve, peel and chop the **shallot** into ½ cm pieces. Peel and grate the **garlic** (or use a garlic press). Chop the bottom 1cm off the **asparagus** and discard. Halve the **asparagus** widthways. Chop the **sun-dried tomatoes** into thin strips.



### 2 MAKE THE STOCK

Boil the **water** (see ingredients for amount) in a large saucepan over medium heat. Once boiling, turn the heat to low and add the **stock powder**. Stir to dissolve.



### 3 START THE RISOTTO

Keep the **stock** on low heat so it stays warm but isn't bubbling ferociously! Heat a glug of **oil** in another large saucepan over medium heat. Add the **shallot** and **sun-dried tomatoes**. Cook until the **shallot** has softened, 3-4 mins, then add the **garlic** and **tomato purée**. Stir and cook for 1 minute more.



### 4 FINISH THE RISOTTO

Add the **arborio rice** to the pan. Stir, so the **rice** gets coated in **oil**, then add a ladleful of **stock**. Cook, still stirring, until the **rice** has absorbed the **stock**. Then add another ladleful and continue the process until all of the **stock** is used. This should take about 20-25 mins.

★ **TIP:** You may not need all the stock. Or, if it's all gone and your rice is still a bit firm add a splash of water and keep cooking until it's done.



### 5 ROAST THE ASPARAGUS

Place the **asparagus** on a baking tray. Drizzle over the **balsamic vinegar** and a splash of **water**. Pop on the top shelf of your oven to roast until tender, 10 mins. When the **risotto** is cooked, remove from the heat and mix in **two-thirds** of the **Italian style grated hard cheese** and all the **butter**. Season to taste.



### 6 SERVE

When the **asparagus** is ready, remove from the oven. Serve the **sun-dried tomato risotto** in bowls with the **asparagus** on top. Drizzle over any **juices** from the baking tray and sprinkle on the remaining **cheese**. Eat without delay! **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Echalion Shallot *	1	2	2
Garlic Clove *	1	1½	2
Asparagus *	1 pack	1 pack	2 packs
Sun-Dried Tomatoes	30g	40g	50g
Vegetable Stock Powder 10)	1 sachet	sachets	sachets
Tomato Purée	1 sachet	1½ sachets	2 sachets
Arborio Rice	175g	260g	350g
Balsamic Vinegar 14)	1 sachet	1½ sachets	2 sachets
Italian Style Grated Hard Cheese 7) 8) *	1 pack	1½ packs	2 packs
Unsalted Butter 7) *	15g	30g	30g
Water*	750ml	1.1ltr	1.5ltr

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 287G	PER 100G
Energy (kJ/kcal)	2165 / 518	754 / 180
Fat (g)	13	4
Sat. Fat (g)	8	4
Carbohydrate (g)	80	28
Sugars (g)	11	4
Protein (g)	19	7
Salt (g)	3.03	1.06

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 8) Egg 10) Celery 14) Sulphites

🧼 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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