



Sun-Dried Tomato Risotto

with Asparagus and Roasted Baby Plum Tomatoes

Calorie Smart 40 Minutes • 1 of your 5 a day • Veggie • Under 600 Calories

23



Vegetable Stock Paste



Shallot



Garlic Clove



Asparagus Bundles



Sun-Dried Tomato Paste



Risotto Rice



Baby Plum Tomatoes



Grated Hard Italian Style Cheese



Butter



Balsamic Glaze

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Grater, Spatula, Frying Pan, Medium Saucepan, Baking Tray.

Ingredients

	2P	3P	4P
Water*	750ml	1100ml	1500ml
Vegetable Stock Paste 10)	15g	20g	30g
Shallot**	1	2	2
Garlic Clove**	1	1½	2
Asparagus Bundles**	200g	200g	400g
Sun-Dried Tomato Paste	2 sachets	3 sachets	4 sachets
Risotto Rice	175g	260g	350g
Baby Plum Tomatoes	125g	190g	250g
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g
Butter** 7)	20g	30g	40g
Balsamic Glaze 14)	1 sachet	2 sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving	Per 100g
	349g	100g
Energy (kJ/kcal)	2454 /587	703 /168
Fat (g)	18	5
Sat. Fat (g)	10	3
Carbohydrate (g)	83	24
Sugars (g)	9	3
Protein (g)	18	5
Salt (g)	2.59	0.74

Nutrition for uncooked ingredients based on 2 person recipe.

SmartPoints® values based on low-cal cooking spray oil.

Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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You can recycle me!



Make the Stock

Preheat the oven to 200°C. Meanwhile, boil your kettle. Add the **boiled water** (see ingredients for amount) to a medium saucepan over a high heat. Add the **vegetable stock paste**, stir to combine. Bring to the boil then reduce the heat to the lowest setting.



Finish the Risotto

Add the **risotto rice** to the pan with the **shallot**. Stir, so the **rice** gets coated in the **tomato paste**, then stir in a ladle of your **stock**. When the **stock** has been absorbed by the **rice**, stir in another ladle of **stock**. Keep the 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 cooked through but with a tiny bit of firmness left in the middle. **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.



Prep the Veggies

Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Chop the bottom 2cm off the **asparagus** and discard. Halve the **asparagus** widthways.



Roast the Veggies

When the **risotto** has about 10 mins left, add the **asparagus** and **baby plum tomatoes** to a baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Pop in the oven to roast on the middle shelf until tender, 8-10 mins. When the **risotto** is cooked, remove from the heat and mix in the **butter** and **two thirds** of the **hard Italian style cheese**. Season to taste.



Start the Risotto

Heat a glug of **oil** in a large, wide-bottomed pan over medium heat. Add the **shallot** and cook until softened, 3-4 mins. Then add the **garlic** and **sun-dried tomato paste**. Stir and cook for 1 min.



Finish and Serve

When the **roasted veggies** are ready, serve the **risotto** in bowls with the **asparagus** and **tomatoes** on top. Drizzle over the **balsamic glaze** and sprinkle on the leftover **cheese**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients:

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.