



# Sun-Dried Tomato Risotto

with Roasted Asparagus and Baby Plum Tomatoes

**Classic** 35-40 Minutes • 2 of your 5 a day • Veggie

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-  Vegetable Stock Paste
-  Red Onion
-  Garlic Clove
-  Asparagus Bundles
-  Sun-Dried Tomato Paste
-  Risotto Rice
-  Baby Plum Tomatoes
-  Grated Hard Italian Style Cheese
-  Unsalted Butter
-  Balsamic Glaze

**Pantry Items**  
Water

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Kettle, saucepan, garlic press, frying pan and baking tray.

## Ingredients

	2P	3P	4P
Water for the Risotto*	750ml	1100ml	1500ml
Vegetable Stock Paste <b>10</b>	15g	20g	30g
Red Onion**	1	2	2
Garlic Clove**	1	2	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	250g	250g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	40g	80g	80g
Unsalted Butter** <b>7</b>	30g	30g	60g
Balsamic Glaze <b>14</b>	1 sachet	2 sachets	2 sachets

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	<b>381g</b>	<b>100g</b>
Energy (kJ/kcal)	2685 /642	704 /168
Fat (g)	23	6
Sat. Fat (g)	13	3
Carbohydrate (g)	88	23
Sugars (g)	11	3
Protein (g)	18	5
Salt (g)	2.59	0.68

Nutrition for uncooked ingredients based on 2 person recipe.  
PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

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

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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## Make the Stock

Preheat the oven to 200°C. Meanwhile, boil your kettle. To make your **stock**, add the **boiled water for the risotto** (see ingredients for amount) to a medium saucepan on high heat. Stir in the **vegetable stock paste**. Bring to the boil, then reduce the heat to the lowest setting.



## Ladle and Stir

To make your **risotto**, stir in a ladle of your **stock** into the pan with the **rice**. 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 'al dente' - cooked through but with a tiny bit of firmness left in the middle.



## Prep the Veg

Halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Trim the bottom 2cm from the **asparagus** and discard. Halve the **asparagus** widthways.



## Roast the Veg

When the **risotto** has about 10 mins cooking time left, pop the **asparagus** and **baby plum tomatoes** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Roast on the middle shelf of your oven until tender, 10-12 mins. When the **risotto** is cooked, remove from the heat and mix in the **butter** and **two thirds** of the **hard Italian cheese**. Taste and season with **salt** and **pepper** if needed.



## Start the Risotto

Heat a drizzle of **oil** in a large, wide-bottomed pan on medium heat. Add the **onion** and cook until softened, 3-4 mins. Stir in the **garlic** and **sun-dried tomato paste**, then cook for 1 min more. Add the **risotto rice**, stir and cook until the edges of the **rice** are translucent, 1-2 mins.



## Finish and Serve

When the **veg** is roasted, serve the **risotto** in bowls with the **asparagus** and **tomatoes** on top. Finish with a drizzle of the **balsamic glaze** and a sprinkle of the remaining **cheese** over the top.

## Enjoy!

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