



Super Cheesy Oven-Baked Tomato Risotto with Pea Shoot Salad

38

Customer Favourites 40-45 Minutes • 1 of your 5 a day • Veggie



Echalion Shallot



Garlic Clove



Vegetable Stock Paste



Tomato Puree



Risotto Rice



Baby Plum Tomatoes



Mature Cheddar Cheese



Lemon



Sun-Dried Tomato Paste



Grated Hard Italian Style Cheese



Pea Shoots

Pantry Items
Olive Oil, Sugar

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, garlic press, measuring jug, ovenproof saucepan, saucepan, lid, aluminium foil and grater.

Ingredients

| | 2P | 3P | 4P |
|---|----------|-----------|-----------|
| Echalion Shallot** | 1 | 1 | 2 |
| Garlic Clove** | 1 | 2 | 2 |
| Water for Stock* | 450ml | 675ml | 900ml |
| Vegetable Stock Paste 10) | 20g | 30g | 40g |
| Tomato Puree | 1 sachet | 2 sachets | 2 sachets |
| Risotto Rice | 175g | 260g | 350g |
| Baby Plum Tomatoes | 125g | 190g | 250g |
| Mature Cheddar Cheese** 7) | 60g | 90g | 120g |
| Lemon** | ½ | ¾ | 1 |
| Sugar for the Dressing* | 1 tsp | 1½ tsp | 2 tsp |
| Olive Oil for the Dressing* | 1 tbsp | 1½ tbsp | 2 tbsp |
| Sun-Dried Tomato Paste | 1 sachet | 2 sachets | 2 sachets |
| Grated Hard Italian Style Cheese** 7) 8) | 40g | 65g | 80g |
| Pea Shoots** | 40g | 60g | 80g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 316g | 100g |
| Energy (kJ/kcal) | 2684 /641 | 849 /203 |
| Fat (g) | 23 | 7 |
| Sat. Fat (g) | 11 | 4 |
| Carbohydrate (g) | 82 | 26 |
| Sugars (g) | 10 | 3 |
| Protein (g) | 24 | 8 |
| Salt (g) | 3.24 | 1.02 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 10) Celery

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.

Contact

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Get Prepped

Preheat your oven to 200°C. Fill and boil your kettle. Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Pour the **boiling water for the stock** (see ingredients for amount) into a measuring jug with the **veg stock paste**. Stir well and set aside.



Start the Salad

While the risotto bakes, halve the **lemon** and squeeze the **juice** into a large bowl (see ingredients for amount). Add the **sugar** and **olive oil** for the dressing (see ingredients for both amounts) and whisk together. Set aside.



Start the Risotto

Heat a drizzle of **oil** in an ovenproof saucepan on medium-high heat (if you don't have an ovenproof pan, use a normal saucepan and transfer to an ovenproof dish later). When hot, add the **shallot** and cook until softened, 3-4 mins. Stir in the **garlic** and **tomato puree** and cook for 1 min more. Add the **risotto rice**, then stir and cook until the edges of the **rice** are translucent, 1-2 mins.



Finishing Touches

When the **risotto** is ready, remove it from the oven and mix in the **sun-dried tomato paste**, **Cheddar**, **hard Italian style cheese** and a knob of **butter** (if you have any). Season to taste with **salt** and **pepper** if needed. **TIP:** Add a splash of water if needed.



Bake the Risotto

Pour the **stock** into the **rice** and stir well to combine. Add the **baby plum tomatoes** and bring back to the boil. Pop a lid on the pan (or cover with foil) and bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 20-25 mins. Meanwhile, grate the **Cheddar cheese**.



Serve

Add the **pea shoots** to the bowl of **dressing** and toss to coat. Serve the **risotto** in bowls with the **salad** alongside.

Enjoy!