



Super Cheesy Oven-Baked Tomato Risotto with Rocket Salad

Classic 45 Minutes

19



Echalion Shallot



Garlic Clove



Vegetable Stock Paste



Tomato Puree



Risotto Rice



Baby Plum Tomatoes



Lemon



Honey



Cheddar Cheese



Grated Hard Italian Style Cheese



Sun-Dried Tomato Paste



Rocket



Bacon Lardons



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

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

Cooking tools, you will need:

Garlic Press, Saucepan with Lid, Grater, Bowl.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
Water*	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
Lemon**	½	¾	1
Honey	1 sachet	1 sachet	2 sachets
Cheddar Cheese** 7)	60g	90g	120g
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g
Sun-Dried Tomato Paste**	1 sachet	2 sachets	2 sachets
Rocket**	40g	60g	80g
Bacon Lardons**	90g	120g	180g
Olive Oil*	1 tbsp	1½ tbsps	2 tbsps

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	322g	100g
Energy (kJ/kcal)	2744 /656	854 /204
Fat (g)	23	7
Sat. Fat (g)	11	3
Carbohydrate (g)	86	27
Sugars (g)	13	4
Protein (g)	24	8
Salt (g)	3.26	1.02

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	367g	100g
Energy (kJ/kcal)	3233 /773	882 /211
Fat (g)	32	9
Sat. Fat (g)	14	4
Carbohydrate (g)	87	24
Sugars (g)	13	3
Protein (g)	32	9
Salt (g)	4.50	1.23

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 10) Celery

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, Soy, Gluten & Sulphites.

HelloFresh UK

Packed in the UK
The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



Prep


Preheat your oven to 200°C and 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** (see ingredients for amount) into a jug with the **stock paste**, stir well and set aside.



Start the Risotto

Heat a drizzle of **oil** in a large ovenproof saucepan over medium-high heat and add the **shallot**.

TIP: If you don't have an ovenproof pan, just cook in a normal saucepan then transfer to an ovenproof dish before the risotto goes in the oven. Stir and cook until softened, 4-5 mins. Add the **garlic** and **tomato puree** and cook for 1 minute more. Stir in the **risotto rice** and and cook until it is slightly translucent, 1-2 mins.

**CUSTOM RECIPE**

If you've added **bacon lardons** to your recipe, add it to your saucepan before you add the **shallot** and stir fry until starting to brown, 2-3 mins. **IMPORTANT:** Cook lardons thoroughly. Add the **shallot** to the **bacon** and continue with



Make the Dressing

While the **risotto** is cooking, halve the **lemon** and squeeze the **juice** into a large bowl. Add the **honey** and **olive oil** (see ingredients for amount) and whisk together with a fork. Set aside. **TIP:** If your **honey** has hardened, pop it in a bowl of hot water for 1 min.



Finishing Touches

When the **risotto** is cooked, remove it from your oven. Carefully take the lid off the pan and add a splash of **water** to loosen if you need to. Stir in a knob of **butter** (if you have some), the **Cheddar**, **hard Italian style cheese** and **sun-dried tomato paste**. Stir together until combined. Taste and season with **salt** and **pepper** if you feel it needs it.



Bake the Risotto

Meanwhile, pour the **stock** into the **rice** then add the **baby plum tomatoes** and bring back to the boil. Cover with a lid (or some tightly fitting foil).

TIP: Transfer to an ovenproof dish, cover with a lid or foil at this point if your pan isn't ovenproof. Pop on the top shelf of your oven and bake until the **rice** is cooked and the **stock** is absorbed, 20-25 mins. Meanwhile, grate the **Cheddar cheese**.



Serve

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

Enjoy!