



Super Cheesy Ovenbaked Tomato Risotto with Pea Shoot Salad

Classic 45 Minutes • 2 of your 5 a day • Veggie

Nº 20



Echalion Shallot



Garlic Clove



Vegetable Stock Powder



Tomato Puree



Risotto Rice



Baby Plum Tomatoes



Lemon



Honey



Cheddar Cheese



Grated Hard Italian Style Cheese



Sun-Dried Tomato Paste



Pea Shoots

Before you start

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

Cooking tools, you will need:

Kettle, Garlic Press, Ovenproof Saucepan and Bowl.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove	1 clove	2 cloves	2 cloves
Water*	450ml	675ml	900ml
Vegetable Stock Powder 10	2 sachets	3 sachets	3 sachets
Tomato Puree	1 sachet	2 sachets	2 sachets
Risotto Rice	175g	260g	350g
Baby Plum Tomatoes	125g	250g	250g
Lemon**	½	¾	1
Honey	1 sachet	1 sachet	2 sachets
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Cheddar Cheese 7 **	60g	90g	120g
Grated Hard Italian Style Cheese 7 8 **	1 pack	1½ packs	2 packs
Sun-Dried Tomato Paste	1 sachet	2 sachets	2 sachets
Pea Shoots**	40g	60g	80g
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Water*	450ml	675ml	900ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	328g	100g
Energy (kJ/kcal)	2794 /668	852 /204
Fat (g)	22	7
Sat. Fat (g)	11	3
Carbohydrate (g)	88	27
Sugars (g)	14	4
Protein (g)	25	8
Salt (g)	2.77	0.84

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, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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You can recycle me!



Do the Prep

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** (see ingredients for amounts) into a jug with the **stock powder**, 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 into 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.



Bake the Risotto

Meanwhile, pour the **stock** into the **rice** then add the **baby plum tomatoes**, 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** absorbed, 20-25 mins. Meanwhile, grate the **Cheddar cheese**.



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.



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 **sun-dried tomato paste**, **Cheddar** and the **hard Italian style cheese**. Stir together until combined. Taste and season with **salt** and **pepper** if you feel it needs it.



Finish and Serve

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

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.