



Super Cheesy Ovenbaked Tomato Risotto with Pea Shoot Salad

Classic 45 Minutes • Veggie

Nº 20



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



Pea Shoots

Before you start

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

Cooking tools, you will need:

Kettle, Cutting Board, Knife, Garlic Press, Saucepan, Ovenproof Dish, Grater and Bowls.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove	1	2	2
Boiling 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	250g	250g
Cheddar Cheese 7) **	60g	90g	120g
Lemon**	½	¾	1
Honey	1 sachet	1 sachet	2 sachet
Olive Oil*	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	327g	100g
Energy (kJ/kcal)	2749 /657	841 /201
Fat (g)	23	7
Sat. Fat (g)	11	3
Carbohydrate (g)	86	26
Sugars (g)	13	4
Protein (g)	24	8
Salt (g)	3.29	1.01

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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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 amounts) into a jug with the **vegetable 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.



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** 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. **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 **sundried 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.



Serve

Add the **pea shoots** to your bowl of **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.