



SUPER CHEESY TOMATO RISOTTO

with Crunchy Cucumber Salad



HELLO CUCUMBER

Cucumbers have been cultivated for over 4000 years!



Echalion Shallot



Garlic Clove



Tomato Purée



Arborio Rice



Vegetable Stock Powder



Premium Tomato Mix



Lemon



Honey



Cucumber



Italian Style Grated Hard Cheese



Pea Shoots



Flat Leaf Parsley

MEAL BAG

45 mins
3 of your 5 a day

Risotto is so delicious, but the prospect of all that stirring can sometimes be a bit daunting. Chef Mimi to the rescue! She's simplified the process and created this recipe that can be baked in the oven - all the creamy, luxurious texture with none of the elbow work. If that wasn't enough, it also boasts the crowd-pleasing flavours of a margherita pizza!

5

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Large Ovenproof Saucepan** (with a **Lid**) and **Measuring Jug**. Now, let's get cooking!



1 DO THE PREP

Preheat your oven to 200°C and pop your kettle on to boil. Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **parsley** (stalks and all).



2 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, 5 mins. Add the **garlic** and the **tomato purée** and cook for 1 minute more. Stir in the **rice** and **half** the **parsley** and cook until the **rice** is slightly translucent, 1-2 mins.



3 BAKE THE RISOTTO

Meanwhile, pour the boiling **water** (see ingredients for amount) into a measuring jug and add the **stock powder**. Stir to dissolve the **stock powder** and pour into your **rice** pan. Add the **tomatoes**, bring back to the boil, then cover with a lid (or some tightly fitting foil). Pop on the top shelf of your oven and bake until the **rice** is cooked and the **stock** absorbed, 20-25 mins.



4 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. Trim the **cucumber** then quarter lengthways. Chop widthways into small pieces.



5 FINISHING TOUCHES

When the **risotto** is cooked, remove it from your oven. Carefully take the lid off the pan and stir in a knob of **butter** (if you have some) and the **Italian style grated hard cheese**. Taste and season with **salt** and **pepper** if you feel it needs it.



6 COMBINE AND SERVE

Add the **cucumber** and **pea shoots** to your bowl of **salad dressing** and toss to coat. Serve the **risotto** in bowls with the **salad** alongside. Sprinkle over the remaining **parsley**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Echalion Shallot *	1	1	2
Garlic Clove *	1	2	2
Tomato Purée	1 sachet	1½ sachets	2 sachets
Arborio Rice	175g	260g	350g
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Premium Tomato Mix	1 punnet	1½ punnets	2 punnets
Lemon *	½	¾	1
Honey *	1 sachet	1½ sachets	2 sachets
Cucumber *	½	¾	1
Italian Style Grated Hard Cheese 7) 8) *	2 packs	3 packs	4 packs
Pea Shoots *	1 bag	1½ bags	2 bags
Flat Leaf Parsley *	½ bunch	¾ bunch	1 bunch
Water*	400ml	600ml	800ml
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 392G	PER 100G
Energy (kJ/kcal)	2404 / 575	613 / 147
Fat (g)	16	4
Sat. Fat (g)	8	2
Carbohydrate (g)	83	21
Sugars (g)	14	3
Protein (g)	24	6
Salt (g)	1.61	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 8) Egg 10) Celery

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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