



Oven-Baked Cheesy Tomato Risotto

with Crunchy Cucumber Salad

CLASSIC 45 Minutes • 2.5 of your 5 a day • Veggie



Echalion Shallot



Garlic Clove



Sun-Dried Tomatoes



Vegetable Stock Powder



Tomato Puree



Arborio Rice



Baby Plum Tomatoes



Lemon



Baby Gem Lettuce



Cucumber



Hard Italian Style Grated Cheese

Before you start

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

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Measuring Jug, Ovenproof Saucepan and Mixing Bowl.

Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Sun-Dried Tomatoes	1 small pot	1 large pot	1 large pot
Boiling Water for the Risotto*	450ml	675ml	900ml
Vegetable Stock Powder 10	2 sachets	3 sachets	3 sachets
Tomato Puree	1 sachet	2 sachets	2 sachets
Arborio Rice	175g	260g	350g
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Lemon**	½	¾	1
Sugar*	¼ tsp	½ tsp	½ tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Baby Gem Lettuce**	1	1½	2
Cucumber**	½	¾	1
Hard Italian Style Grated Cheese 7) 8) **	2 packs	3 packs	4 packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	464g	100g
Energy (kJ/kcal)	2546 /609	549 /131
Fat (g)	16	4
Sat. Fat (g)	8	2
Carbohydrate (g)	87	19
Sugars (g)	15	3
Protein (g)	25	5
Salt (g)	3.52	0.76

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, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK

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1. 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). Roughly chop the **sundried tomatoes** and pop these into a jug with the boiling **water** (see ingredients for amounts) and the **stock powder**, stir well and set aside.



4. Make the Dressing

While the **risotto** is cooking, halve the **lemon** and squeeze the **juice** into a large bowl. Add the **sauagr** and **olive oil** (see ingredients for both amount) and whisk together with a fork. Trim the root from the **baby gem lettuce** then separate the leaves. Trim the **cucumber** then quarter lengthways. Chop widthways into small pieces.



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, 4-5 mins. Add the **garlic** and **tomato puree** and cook for 1 minute more. Stir in the **arborio rice** and and cook until it is slightly translucent, 1-2 mins.



5. Finishing Touches

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



3. Bake the Risotto

Meanwhile, pour the **stock** and **sundried tomato mixture** 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.



6. Finish and Serve

Add the **cucumber** and **baby gem** 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.