



Oven-Baked Chorizo and Sweetcorn Risotto with Rocket Salad

Family 45 Minutes • 1 of your 5 a day



Sweetcorn



Garlic Clove



Chicken Stock Paste



Chorizo



Risotto Rice



Balsamic Vinegar



Rocket



Baby Plum Tomatoes



Grated Hard Italian Style Cheese



Unsalted Butter

Before you start

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

Cooking tools, you will need:

Kettle, Sieve, Garlic Press, Measuring Jug, Ovenproof Dish, Saucepan and Medium Bowl.

Ingredients

	2P	3P	4P
Sweetcorn**	150g	150g	326g
Garlic Clove**	1	2	2
Water for the Risotto*	450ml	675ml	900ml
Chicken Stock Paste	15g	20g	30g
Chorizo**	120g	180g	240g
Risotto Rice	175g	260g	350g
Balsamic Vinegar (14)	1 sachet	1 sachet	2 sachets
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Rocket**	40g	60g	80g
Baby Plum Tomatoes	125g	190g	250g
Grated Hard Italian Style Cheese** (7) 8)	40g	65g	80g
Unsalted Butter** (7)	30g	40g	60g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	364g	100g
Energy (kJ/kcal)	3761/899	1033/247
Fat (g)	47	13
Sat. Fat (g)	20	6
Carbohydrate (g)	85	23
Sugars (g)	9	2
Protein (g)	32	9
Salt (g)	5.14	1.41

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 8) Egg 14) Sulphites

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 Time

Preheat your oven to 200°C. Fill and boil your kettle. Drain and rinse the **sweetcorn** in a sieve. Peel and grate the **garlic** (or use a garlic press). Pour the **boiling water for the risotto** (see ingredients for amount) into a measuring jug and stir in the **chicken stock paste**.



Cook the Chorizo

Heat a drizzle of **oil** in an ovenproof pan over medium-high heat. (If you don't have an ovenproof pan, use a normal saucepan and transfer to an ovenproof dish later). Add the **chorizo** and fry until it starts to brown, 3-4 mins.



Start the Risotto

Stir in the **sweetcorn** and cook for 2-3 mins. Stir in the **garlic** and **risotto rice**, cook for 1 min and then pour in the **stock**. Bring to the boil, cover with a tight-fitting lid or foil and transfer to the oven. Bake on the middle shelf of your oven until the **rice** is tender, 20-25 mins.



Prep the Salad

Meanwhile, in a medium bowl, mix the **balsamic vinegar** with the **olive oil** (see ingredients for amount). Season with **salt** and **pepper** and mix together. Pop the **rocket** on top - we will toss this together later to dress the **leaves**. **TIP: If you toss it now, the rocket will wilt.**



Tomato Time

Once the **risotto** has been in the oven for 10 mins, carefully remove and add the **baby plum tomatoes** to the pan (don't stir them in, just sit them on top). Pop the lid back on and return to the oven for the remaining cooking time.



Finish and Serve

When the **risotto** is ready, carefully remove from the oven and stir in the **hard Italian style cheese**, **butter** and a splash of **water**. Mix well. Season with **salt** and **pepper** if needed. Share between your bowls. Toss the **rocket** in the **balsamic dressing** and serve on top or 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.