



The joy of cooking –
made easy!



>HelloFresh.ch | kundenservice@hellofresh.ch

CW 43
2017

Share your images with us using the hash tag #HellofreshCH at



Risotto with saffron, caramelised fennel and dried tomatoes

Our risotto will take you on a journey to distant lands and fill your kitchen with a fresh summer feeling through its exciting combination of wholesome, aromatic ingredients. Saffron in particular provides an exotic taste experience. Bon appetit.



25 min.



Level 2



Veggie



Risotto rice



Parmesan



Fennel



Courgette



Shallot



Lemon



Saffron powder



Dried tomatoes



Parsley

Ingredients in your box* **Serves 2** **Serves 4**

Fennel	1	2
Shallot	1	2
Courgette	1	2
Dried tomatoes	50 g	100 g
Flat-leaf parsley 	5 g	10 g
Risotto rice 15)	150 g	300 g
Saffron powder 15)	0.25 g	0.5 g
Parmesan 7)	20 g	40 g
Lemon	1	1

Good to have at hand:

Salt, pepper, oil, sugar, vegetable stock

* Organic ingredients are important to us. If you would like to know which ingredients are organic, check out Our suppliers at HelloFresh.com.

 Can also be used for other recipes as required

You will need:

Large pot, large frying pan, grater

Allergens**1)** Wheat **15)** May contain traces of allergens

Nutritional values	Energy	Fat	Saturated fats	Carbohydrate	Dietary fibre	Sugar	Protein	Salt
Portion	650kcal/ 2748 kJ	17 g	7 g	108 g	6 g	20 g	22 g	4 g
100 g	106 kcal/ 445 kJ	3 g	2 g	18 g	1 g	4 g	4 g	1 g

Did you know...

Saffron is a type of crocus that does actually resemble our native autumn crocus.

**Preparation: Wash lemon, vegetables and parsley.**

Heat 800 ml water in a kettle.

1 Cut fennel into quarters, remove stalk, and cut fennel quarters into strips approx. 0.5 cm thick. Peel shallots and cut into small cubes. Cut off the ends of the **courgette**, then halve **courgette** lengthways and slice it diagonally into half-moons 0.5 cm thick. Cut dried tomatoes into strips. Finely chop the parsley leaves. Prepare 800 ml of hot **vegetable stock**.

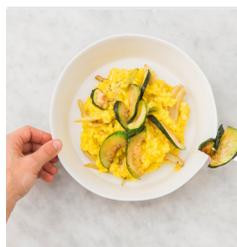


2 Heat 1 tbsp. oil in a large pot on medium heat and sauté the **shallot cubes** in it for approx. 1 min. Add **risotto** rice and sauté for approx. 1 min more. Douse with a little **stock** and add saffron powder. Reduce heat a little, gradually add **stock** and cook **risotto** for approx. 20 min., stirring occasionally, until **risotto** rice is al dente.



3 Heat 1 tbsp. oil in a large frying pan on medium heat. Add fennel and fry for 3-5 min., then add 1 tsp. sugar and fry for a further 1-2 min. until the **fennel** is soft and nicely caramelised. Then remove from the frying pan and place to one side.

4 Wipe frying pan with kitchen roll and heat up another ½ tbsp. oil on medium heat. Add **courgette strips** and fry for 3-5 min. on each side.



5 Grate **parmesan** and stir ⅔ of it into the **risotto**. Grate off a little of the lemon rind and juice the lemon. Add salt and pepper to **risotto** and season it with 1 tsp. lemon rind and 2 tbsp. lemon juice. Mix **strips of fennel** into the **risotto**.

6 Distribute **risotto** into bowls. Add **strips of courgette** and top with **dried tomato strips**, the rest of the **parmesan**, and the chopped parsley. Buon appetito!