



# Roasted Tomato and Kale Risotto

with Parmesan Cheese and Walnuts

**VEGGIE** 35 Minutes



Arborio Rice



Shallot



Kale, chopped



Garlic



Fennel Seeds



Vegetable Broth Concentrate



Parmesan Cheese, shredded



Grape Tomatoes



White Wine Vinegar



Walnuts, chopped

## HELLO RISOTTO

*A northern Italian rice dish cooked in a broth to a creamy consistency*

# Start Strong

Before starting, preheat the oven to 450°F and wash and dry all produce.

If you run out of broth before the rice is cooked through, add water (½ cup at a time) and continue stirring until it's cooked.

## Bust Out

Baking Sheet, Measuring Cups, Measuring Spoons, Garlic Press, Medium Pot, Large Non-Stick Pan

## Ingredients

	2 Person	4 Person
Arborio Rice	¾ cup	1 ½ cup
Shallot	50 g	50 g
Kale, chopped	56 g	113 g
Garlic	6 g	12 g
Fennel Seeds	1 tsp	2 tsp
Vegetable Broth Concentrate	2	4
Parmesan Cheese, shredded	¼ cup	½ cup
Grape Tomatoes	227 g	454 g
White Wine Vinegar	1 tbsp	2 tbsp
Walnuts, chopped	28 g	56 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



### 1. PREP

Combine **4 ½ cups water** (5 ½ cups for 4 ppl) and **broth concentrates** in a medium pot. Cover and bring to a gentle boil over medium heat. F

inely chop **kale**. Peel, then cut **shallots** into ¼-inch slices. Peel, then mince or grate **garlic**.



### 4. ROAST TOMATOES

While **risotto** cooks, toss **tomatoes** with **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in **middle** of oven, until **tomatoes** are golden-brown and start to burst, 10-11 min. (**TIP:** Keep your eye on them so they don't burn!)



### 2. START RISOTTO

Heat a large non-stick pan over medium heat. When hot, add **2 tbsp butter** (dbl for 4 ppl), then **shallots**. Cook, stirring occasionally, until softened, 2-3 min. Add **rice, garlic, fennel seeds** and **vinegar**. Cook, stirring often, until fragrant, 1-2 min.



### 5. FINISH RISOTTO

After the last cup of **broth** has been stirred in and absorbed, **rice** should be tender and texture creamy. (**NOTE:** The entire process should take 28-30 min.) Add **Parmesan** and **kale**. Stir often, until **kale** wilts, 3-4 min. Stir in **tomatoes**. Season with **salt** and **pepper**.



### 3. COOK RISOTTO

Add **1 cup broth** (use same amount for 4 ppl) to the pan with **rice**. Stir until **broth** has been absorbed by **rice**. Continue adding **broth, 1 cup** at a time, stirring regularly, until **liquid** is absorbed, texture is creamy and **rice** is tender, 28-30 min.



### 6. FINISH AND SERVE

Divide **risotto** between bowls. Sprinkle over **walnuts**.

## Dinner Solved!

## Contact

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