



More Than Food
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Saffron and Fennel Risotto with Charred Courgette

This oozy, creamy risotto is teamed with saffron, courgette and fennel. Fennel may be a new vegetable to your kitchen, but you may find that it's seriously underrated! Fennel's crisp, fresh flavour combined with the sweet aromatic hint of saffron, makes this dish very special! It also includes 3 of your 5 a day, so it delivers on both taste and nutrition!

40 mins

3 of your 5 a day

veggie

healthy



Water (700ml)



Saffron (1 sachet)



Vegetable Stock Pot (1)



Fennel (1)



Echalion Shallot (1)



Garlic Clove (1)



Courgette (1)



Netherend Butter (30g)



Arborio Rice (175g)



Hard Italian Cheese (40g)



Lemon (1)



Steve's Leaves: Pea Shoots (1 bag)

2 PEOPLE INGREDIENTS

- Water **700ml**
- Saffron **1 sachet**
- Vegetable Stock Pot **1**
- Fennel, sliced and chopped **1**
- Echalion Shallot, chopped **1**
- Garlic Clove, grated **1**
- Courgette, sliced **1**
- Netherend Butter **30g**
- Arborio Rice **175g**
- Hard Italian Cheese **40g**
- Lemon **1**
- Steve's Leaves: Pea Shoots **1 bag**

Allergens: Celery, Sulphites, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	508 kcal / 2142 kJ	17 g	10 g	11 g	6 g	15 g	3 g
Per 100g	101 kcal / 424 kJ	3 g	2 g	2 g	1 g	3 g	1 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Saffron comes from Crocus flowers and over 4500 flowers are used to make up an ounce of saffron!

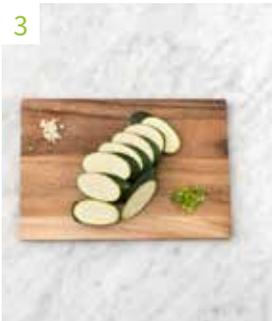
Vegetable Stock Pot: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder [contains Sulphites], Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

2



1 Fill a pot with **water** (amount specified in the ingredient list) and add the **saffron** and **vegetable stock pot**. Bring to the boil on high heat.

3



2 While your stock heats up, prepare your **veggies**. Cut the leafy **top** from the **fennel** and keep to one side. Cut your **fennel bulb** in half lengthways. Remove the tough core at the base (see picture) and then cut into slices about the width of your little finger. Cut the **shallot** in half through the root, peel and then chop into ½cm chunks (or as small as you can!).

3 Peel and grate the **garlic** (or use a garlic press if you have one) and cut the top and bottom off the **courgette**. Cut your **courgette** at an angle into 1cm thick slices. Roughly chop your **fennel top**. Keep to one side.

4 Heat a frying pan over high heat and add a splash of **oil**. When the **oil** is hot, add your **fennel slices** and cook for 5 mins, stirring frequently until nicely caramelised and soft enough to eat. Once cooked, remove from the pan and keep to one side. Wipe out the pan with some kitchen paper, we will use it again later.

4



5 Now for your **risotto**! Place a wide bottomed saucepan on medium heat and add half the **butter**. When your **butter** has melted, add your shallot. Cook for 3 mins, stirring frequently until your **shallot** is soft. Add your **garlic**, cook for another minute and then add the **rice**. Stir well to make sure your **rice** is nicely coated in your **butter**.

6 Add a ladleful of your **boiling stock** to your **rice** and stir with long sweeping motions until your **stock** is almost absorbed. Add another ladleful of **stock**, stir again and repeat this process until nearly all of your **stock** is absorbed by your **rice**. This should take around 15-17 mins. Welcome to the art of making the perfect risotto! **Tip:** *The risotto is cooked when the rice has the tiniest bite left in it and the consistency is that of porridge.*

7



7 Return the frying pan you used for your fennel to high heat. Cook your **courgette slices** for 3 mins on each side. Don't be tempted to turn them too quickly, they need to char and blacken slightly. Pop your **courgette slices** on a chopping board and allow to cool before cutting in half.

8 Finish your **risotto** by stirring in your **fennel slices** and **fennel top**, half the **hard Italian cheese** and your remaining **butter**. Add a squeeze of **lemon juice** and taste your **risotto** to check the seasoning. Add **salt** and **black pepper** if necessary.

9 Serve your **risotto** in a bowl and arrange some of your **courgette** on top. Finish with some **pea shoots** and a final sprinkling of **hard Italian cheese**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!