



Saffron Risotto

with Herby Baked Tomatoes and Lemony Pea Shoot Salad



HELLO SAFFRON

Saffron is made from the stigmas of crocus flowers. 150 flowers are needed to make one gram of the spice!

	Echalote Shallot		Garlic Clove
	Thyme		Oregano
	Flat Leaf Parsley		Lemon
	Vine Tomato		Hard Italian Cheese
	Water		Saffron Powder
	Vegetable Stock Pot		Arborio Rice
	Peas		Olive Oil
	Pea Shoots and Baby Leaves		

MEAL BAG

45 mins

Enjoy within 2 days

2.5 of your 5 a day

Veggie

This vegetarian risotto is a collab recipe from chefs André and Lizzie, and it's more than a little bit special. Double the chef power, double the deliciousness! The silky richness of this delicately spiced saffron risotto works perfectly with herby baked vine tomato, fresh gremolata and a lemony pea shoot salad. For a dish that tastes as good as it looks, this recipe gets full marks.

BEFORE YOU START

Our fruit and veggies need a little wash before you use them! Make sure you've got a **Fine Grater**, **Baking Tray**, **Baking Paper**, **Measuring Jug**, two **Large Saucepans** and a **Ladle**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 180°C. Halve, peel and chop the **shallot** into ½cm pieces. Peel and grate the **garlic** (or use a garlic press). Strip the **thyme leaves** from their stalks (discard the stalks). Pick the **oregano leaves** from their stalks and roughly chop (discard the stalks). Roughly chop the **parsley** (stalks and all). Zest the **lemon** into a bowl and combine with the **parsley - gremolata** made!



2 HALVE THE TOMATOES

Halve the **vine tomatoes** through the equator and spread out on a lined baking tray, cut side up. Sprinkle over **half** the **oregano** and a **quarter** of the **hard Italian cheese**. Grind over plenty of **black pepper** and drizzle with a little **oil**. Set aside (you'll cook them later!).



3 MAKE THE STOCK

Pour the **water** (amount specified in the ingredient list) into a large saucepan. Add the **saffron powder** and **vegetable stock pot**, then bring to the boil and stir to dissolve the **stock**. Lower the heat. Meanwhile, heat a splash of **oil** in another large saucepan on medium heat. Add the **shallot** and cook, stirring, until soft, 3 mins. Stir in the **garlic**, **thyme** and remaining **oregano**, cook for another 30 seconds. Mix in the **rice** and make sure it is well coated in the **oil**.



4 LADLE AND STIR!

Add a ladleful of the hot **stock** to the **rice** and stir until almost absorbed. Repeat this process until all of the **stock** has been absorbed. This will take around 20-25 mins. Stir in the **peas** for the last 5 mins of cooking. When ready, the **risotto** should be creamy, but each grain should still have a little bite.

★ TIP: Taste as you go. If you run out of **stock** and the **rice** isn't cooked, add a little **water** and keep cooking.



5 BAKE THE TOMATOES

Pop the **tomatoes** on the top shelf of your oven until tender and the **cheese** is golden and bubbly, 18-20 mins. Squeeze the **lemon juice** into a large bowl along with the **olive oil** (amount specified in the ingredient list) and a pinch of **salt** and **black pepper** and combine. Leave to the side.

6 FINISH AND SERVE
Stir the remaining **hard Italian cheese** through the finished **risotto**. Pop the **pea shoots** on top of the **lemon and oil dressing** and toss to dress the leaves. Serve the **saffron risotto** in bowls topped with the **herby baked tomatoes**, a sprinkling of **gremolata** and the **lemony pea shoot salad** on the side. **Enjoy!**

2 PEOPLE INGREDIENTS

Echalot Shallot, chopped	1
Garlic Clove, grated	2
Thyme	2 sprigs
Oregano, chopped	1 bunch
Flat Leaf Parsley, chopped	½ bunch
Lemon	½
Vine Tomato, halved	2
Hard Italian Cheese 7)	40g
Water*	750ml
Saffron Powder	1 sachet
Vegetable Stock Pot 10) 14)	1
Arborio Rice	175g
Peas	1 pack
Olive Oil*	1 tbsp
Pea Shoots and Baby Leaves	1 bag

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal) (kJ)	529 2229	140 588
Fat (g)	13	4
Sat. Fat (g)	4	1
Carbohydrate (g)	84	22
Sugars (g)	8	2
Protein (g)	20	5
Salt (g)	2.83	0.75

ALLERGENS

7) Milk 10) Celery 14) Sulphites

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.

THUMBS UP OR THUMBS DOWN?

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