



More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on     You'll be entered into our weekly photo contest!

Seasonal Broad Bean Risotto with Balsamic Glazed Cherry Tomatoes

Anyone say broad beans? Charlotte, our veggie buyer, loves these green British beauties, so begged us to squirrel them into one of the dishes this week. Our chef, Victoria, accepted the challenge and voilà, a delicious cheesy broad bean risotto. We're sending you whole broad beans in their jackets (pods) so that they have a little extra safety padding for their journey to your kitchen this evening – happy podding!



Water (700ml)



Vegetable Stock Pot (1)



Echalion Shallot (1)



Garlic Clove (2)



Lemon (1/2)



Arborio Rice (175g)



Broad Beans (1 pack)



Cherry Tomatoes (1 punnet)



Tarragon (1/2 bunch)



Hard Italian Vegetarian Cheese (4 tbsp)



Balsamic Cream (1 tbsp)



Steve's Leaves: Pea Shoots (1 pack)

2 PEOPLE INGREDIENTS

- Water **700ml**
- Vegetable Stock Pot **1**
- Echalion Shallot, sliced **1**
- Garlic Clove, chopped **2**
- Lemon **½**
- Arborio Rice **175g**
- Broad Beans, podded **1 pack**
- Cherry Tomatoes **1 punnet**
- Tarragon, chopped **½ bunch**
- Hard Italian Vegetarian Cheese **4 tbsp**
- Balsamic Cream **1 tbsp**
- Steve's Leaves: Pea Shoots **1 pack**

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

Did you know...

Broad beans are rich in both folate and B vitamins, which we need for cognitive function and energy.

Allergens: Celery, Sulphites, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	515 kcal / 2186 kJ	8 g	4 g	25 g	10 g	23 g	3 g
Per 100g	91 kcal / 387 kJ	1 g	1 g	5 g	2 g	4 g	1 g

Vegetable Stock Pot Ingredients: 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.

5



1 Bring the **water** (specified in the ingredient list) to a gentle simmer in a pot. Once simmering, add the **vegetable stock pot** and stir until dissolved. **Tip:** *Leave the stock on the lowest heat to keep it hot during the whole cooking process.*

6



2 Cut the **shallot** in half through the root. Peel and then slice into thin half moon shapes. Peel and finely chop the **garlic** (or use a garlic press if you have one). Zest and juice the **lemon**.

3 Heat a knob of **butter** (if you have some) in a saucepan on medium-low heat. **Tip:** *If you don't have butter, you can use olive oil instead.* Add your **shallot** and fry gently for 3 mins, then add your **garlic** and half your **lemon zest** and continue to cook until everything is nice and soft. **Tip:** *Do not let the shallot burn - if it is cooking too fast, add a splash of water and turn the heat to low.*

4 Add the **arborio rice** to the pan and stir for 3 mins until the grains are glossy and slightly translucent around the edges. **Tip:** *If you have some white wine, then add a good splash now and leave to bubble away for about a minute.*

7



5 Turn the heat to medium. Add two ladles of **stock** to the pan and stir it with long, massaging motions. Once your **stock** has almost soaked in, add another two ladles and continue stirring. Continue adding **stock** and stirring until your rice is cooked (around 20-25 mins).

6 Meanwhile, pre-heat your oven to 200 degrees and bring another pot of water to the boil over medium-high heat. Remove the **broad beans** from their pods. Place your **broad beans** in the pot of boiling water and simmer for 6-7 mins. Drain and set aside.

7 Whilst your **broad beans** are cooking you can get on with the rest of your prep! Pop the **cherry tomatoes** on a baking tray and top with a drizzle of **olive oil**, a good pinch of **salt** and a grind of **black pepper**. Place in your oven for 12-15 mins or until the **tomatoes** look nice and juicy! Roughly chop the **tarragon**.

8



8 Once your **risotto** is almost ready, stir in your **broad beans**, **tarragon** and **grated cheese**. **Tip:** *You want to have a runny consistency, so add a little more water to loosen it up if needed.* Taste and season generously with **salt** and **pepper**. Add a small squeeze of **lemon juice** too if you like - careful not too much!

9 Serve your **risotto** in bowls and top with your roasted **cherry tomatoes**, a drizzle of **balsamic cream** and the **pea shoots**. Enjoy!

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