



4

Zesty Oven-Baked Salmon and Risotto with Peas and Spinach

Classic Eat Me First • 30 Minutes • 1 of your 5 a day



Echalot Shallot



Lemon



Garlic Clove



Risotto Rice



Vegetable Stock Paste



Salmon Fillet



Baby Spinach



Peas



Grated Hard Italian Style Cheese

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Measuring Jug, Kettle, Zester, Baking Tray, Ovenproof Pan and Garlic Press.

Ingredients

	2P	3P	4P
Water for the Risotto*	450ml	675ml	900ml
Echalot Shallot**	1	2	2
Lemon**	1	1	1
Garlic Clove**	1	1	1
Risotto Rice	175g	260g	350g
Vegetable Stock Paste 10)	20g	30g	30g
Salmon Fillet** 4)	2	3	4
Baby Spinach**	40g	100g	100g
Peas**	120g	240g	240g
Grated Hard Italian Style Cheese** 7) 8)	40g	65g	80g

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	374g	100g
2727 /652	730 /175	
Fat (g)	18	5
Sat. Fat (g)	6	2
Carbohydrate (g)	81	22
Sugars (g)	7	2
Protein (g)	40	11
Salt (g)	2.53	0.68

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 10) Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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You can recycle me!



1



2



3



4



5



6

Prep

Preheat your oven to 200°C. Fill and boil your kettle, then pour the **water for the risotto** (see ingredients for amount) into a measuring jug.

Halve, peel and thinly slice the **shallot**. Zest and halve the **lemon**. Peel and grate the **garlic** (or use a garlic press).

Start the Risotto

Heat a drizzle of **oil** in a large, wide-bottomed ovenproof saucepan on medium heat (if you don't have an ovenproof pan, use a normal saucepan and transfer to an ovenproof dish later).

Add the **shallot**. Stir and cook until softened, 4-5 mins. Add the **garlic** and cook for 1 min more.

Add the **risotto rice**, stir and cook until the edges of the **rice** are translucent, 1-2 mins.

Roast the Salmon

Meanwhile, lay the **salmon fillets** onto a lined baking tray, skin-side down. Drizzle with **oil** and season with **salt** and **pepper**.

Roast the **salmon** on the top shelf of your oven until cooked through, 12-15 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. The fish is cooked when opaque in the middle.

Add the Veg

When the **risotto** has 5 mins left, stir in the **spinach** and **peas**. Return the dish to the oven for the remaining 5 mins.

When the **risotto** is cooked, remove it from the oven and mix in a knob of **butter** (if you have any), the **hard Italian style cheese**, a squeeze of **lemon juice** and **half the lemon zest**. Season to taste with **salt** and **pepper**. **TIP:** Add a splash of water if needed.

Bake the Risotto

Add the **water for the risotto** and **vegetable stock paste** and stir well to combine.

Bring back up to the boil, then pop a lid on the dish (or cover with foil) and bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 20-25 mins.

Serve

Serve the **risotto** in bowls topped with the **salmon**. Sprinkle over the remaining **lemon zest**, and serve with a **lemon wedge** alongside for squeezing over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.