



Roasted Broccoli Risotto

with Blue Cheese, Pecans and Balsamic Glaze

Classic 35-40 Minutes • 2 of your 5 a day

4



Red Onion



Garlic Clove



Risotto Rice



Vegetable Stock Paste



Dried Rosemary



Broccoli Florets



Pecan Nut Halves



Grated Hard Italian Style Cheese



Baby Spinach



Blue Cheese



Balsamic Glaze

Pantry Items

Oil, Salt, Pepper, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, garlic press, ovenproof pan, lid and baking tray.

Ingredients

Ingredients	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Risotto Rice	175g	250g	375g
Vegetable Stock Paste 10)	20g	30g	40g
Dried Rosemary	2 sachets	3 sachets	4 sachets
Broccoli Florets**	200g	300g	400g
Pecan Nut Halves 2)	20g	30g	40g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Baby Spinach**	40g	100g	100g
Blue Cheese** 7)	30g	45g	60g
Balsamic Glaze 14)	12ml	18ml	24ml
Pantry	2P	3P	4P
Boiled Water for the Risotto*	500ml	725ml	1100ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	353g	100g
Energy (kJ/kcal)	2885 /690	817 /195
Fat (g)	27.6	7.8
Sat. Fat (g)	12.6	3.6
Carbohydrate (g)	83.6	23.7
Sugars (g)	11.0	3.1
Protein (g)	24.0	6.8
Salt (g)	3.23	0.91

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

2) Nuts **7)** Milk **8)** Egg **10)** Celery **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepping

Preheat your oven to 220°C/200°C fan/gas mark 7.
Boil a full kettle.

Halve, peel and chop the **red onion** into small pieces.

Peel and grate the **garlic** (or use a garlic press)



Roast the Broccoli

Meanwhile, halve any large **broccoli florets**.

Pop the **florets** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

Roast on the top shelf until the edges are crispy and slightly charred, 12-15 mins.



Fry the Flavours

Heat a drizzle of **oil** in a large ovenproof pan on medium heat. **TIP:** *If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.*

Once hot, add the **onion** and stir-fry until softened, 4-5 mins.

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



Add the Cheese and Spinach

Meanwhile, roughly chop the **pecans**.

When the **risotto** is cooked, remove it from the oven and stir through the **butter** (see pantry for amount) and **hard Italian style cheese**. **TIP:** *Add a splash of water to loosen the risotto if needed.*

Stir the **spinach** into your **risotto** a handful at a time and allow to wilt until it's piping hot.



Bake your Risotto

Pour in the **boiled water for the risotto** (see pantry for amount), **vegetable stock paste** and **dried rosemary**.

Stir to combine, bring back up to the boil, then pop a lid on the pan (or cover with foil).

Bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 20-25 mins.



Garnish and Serve

Share the **risotto** between your bowls and top with the **roasted broccoli**.

Scatter over the **blue cheese** and the **pecans**. Drizzle with the **balsamic glaze** to finish.

Enjoy!