



# Goat's Cheese and Slow Roasted Tomato Risotto

with Lemon and Rocket

41

Classic 35-40 Minutes • 1 of your 5 a day



Garlic Clove



Baby Plum Tomatoes



Vegetable Stock Paste



Sun-Dried Tomato Paste



Risotto Rice



Lemon



Rocket



Grated Hard Italian Style Cheese



Goat's Cheese



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Olive Oil, Butter

### CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

## Before you start

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

## Cooking tools

Garlic press, aluminium foil, baking tray, saucepan, ladle, fine grater and bowl.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Baby Plum Tomatoes	125g	250g	250g
Vegetable Stock Paste <b>(10)</b>	20g	30g	40g
Sun-Dried Tomato Paste	25g	25g	50g
Risotto Rice	175g	260g	350g
Lemon**	½	1	1
Rocket**	20g	40g	40g
Grated Hard Italian Style Cheese** <b>(7) 8)</b>	20g	40g	40g
Goat's Cheese** <b>(7)</b>	75g	120g	150g
Diced Chicken Breast**	260g	390g	520g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Stock*	750ml	1125ml	1500ml
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Butter*	30g	40g	60g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	281g	100g	411g	100g
Energy (kJ/kcal)	2800 / 669	998 / 239	3447 / 824	840 / 201
Fat (g)	30.9	11.0	33.3	8.1
Sat. Fat (g)	16.3	5.8	16.9	4.1
Carbohydrate (g)	78.6	28.0	78.7	19.2
Sugars (g)	5.3	1.9	5.4	1.3
Protein (g)	18.1	6.4	49.5	12.1
Salt (g)	3.35	1.19	3.54	0.86

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

## Allergens

**7)** Milk **8)** Egg **10)** Celery

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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## 1 Prep the Tomatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

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

Halve the **tomatoes** and pop them onto a piece of foil with a drizzle of **oil**, then season with **salt** and **pepper**.

Fold the foil, sealing on all sides to create a parcel. Pop the **tomato parcel** onto a baking tray.



## 4 Cook your Risotto

Stir a ladle of your **stock** into the **rice** pan.

When the **stock** has been absorbed by the **rice**, stir in another ladle of **stock**.

Keep the pan on medium heat and continue stirring in **stock**, letting it absorb each time. The cooking time should take 20-25 mins and your **risotto** is done when your **rice** is al dente - cooked through but with a tiny bit of firmness left in the middle.

### CUSTOM RECIPE

If you've chosen to add **diced chicken** to your meal, add it to the pan with the **garlic**, then allow it to cook with the **risotto**. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



## 2 Make the Stock

Pour the **water for the stock** (see pantry for amount) into a medium saucepan on high heat. Stir in the **veg stock paste**.

Bring to the boil, then reduce the heat to the lowest setting to keep the **stock** warm.

When the oven is hot, roast the **tomato parcel** on the bottom shelf until softened, 15-20 mins.



## 5 Dress the Rocket

Meanwhile, zest and halve the **lemon** (see ingredients for amount).

Squeeze the **juice** from **half** the **lemon** into a small bowl. Stir in the **olive oil for the dressing** (see pantry for amount), then season with **salt**, **pepper** and a pinch of **sugar** (if you have any).

Mix together, then taste and add more **lemon juice**, seasoning and **sugar** if needed.

Just before serving, add the **rocket** to the **dressing** and toss to coat.



## 3 Build the Flavour

Meanwhile, heat a drizzle of **oil** in a large saucepan on medium heat.

Once hot, add the **garlic** and **sun-dried tomato paste** and cook for 1 min.

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



## 6 Finish and Serve

Once the **risotto** is cooked, stir in the **roasted tomatoes** (discard the **juices**), **hard Italian style cheese**, **butter** (see pantry for amount) and a pinch of **lemon zest** until combined, 1-2 mins. Taste and add **salt**, **pepper** and more **zest** if needed.

Crumble in **half** the **goat's cheese** and stir through. Add a splash of **water** to loosen if needed.

Share the **tomato risotto** between your bowls and crumble over the remaining **goat's cheese**. Serve with the **rocket salad** alongside.

Enjoy!