



Oven-Baked Pesto Risotto with Roasted Tomatoes and Cheese

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

20



Baby Plum Tomatoes



Vegetable Stock Paste



Dried Basil



Echalion Shallot



Garlic Clove



Risotto Rice



Greek Style Salad Cheese



Grated Hard Italian Style Cheese



Fresh Pesto



Balsamic Glaze



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, 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

Aluminium foil, baking tray, kettle, measuring jug, garlic press, ovenproof pan and lid.

Ingredients

Ingredients	2P	3P	4P
Baby Plum Tomatoes	125g	190g	250g
Vegetable Stock Paste 10	20g	30g	40g
Dried Basil	1 sachet	1½ sachets	2 sachets
Echalion Shallot**	1	1	2
Garlic Clove**	2	3	4
Risotto Rice	175g	260g	350g
Greek Style Salad Cheese** 7	50g	75g	100g
Grated Hard Italian Style Cheese** 7 8	40g	60g	80g
Fresh Pesto** 7	50g	64g	100g
Balsamic Glaze 14	12ml	18ml	24ml
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Butter*	30g	40g	60g
Boiled Water for the Risotto*	500ml	750ml	1000ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	285g	100g	415g	100g
Energy (kJ/kcal)	3062 / 732	1075 / 257	3709 / 886	894 / 214
Fat (g)	35.4	12.4	37.7	9.1
Sat. Fat (g)	17.4	6.1	18.1	4.4
Carbohydrate (g)	79.9	28.1	80.0	19.3
Sugars (g)	7.6	2.7	7.8	1.9
Protein (g)	18.9	6.6	50.4	12.2
Salt (g)	3.86	1.35	4.05	0.98

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

Allergens

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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Roast the Tomatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.
Pop the **tomatoes** onto a piece of foil with **half** the **butter** (see pantry for amount), then season with **salt** and **pepper**. Fold the foil, sealing on all sides to create a parcel. Pop onto a large baking tray.

When the oven is hot, roast the **tomato parcel** on the bottom shelf until softened, 20-25 mins.

Meanwhile, boil a full kettle, then pour the **boiled water for the risotto** (see pantry for amount) into a measuring jug. Add the **veg stock paste** and **dried basil** and stir well to combine. This is your **veg stock**.



Prep the Cheese

While the **risotto** cooks, crumble the **Greek style salad cheese**.



Start your Risotto

Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in a large, wide-bottomed 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 **shallot** and cook until softened, 3-4 mins. Add the **garlic** and cook for 1 min more.

CUSTOM RECIPE

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



Hey Pesto

When the **risotto** is cooked, remove it from the oven and mix in the **hard Italian style cheese**, **pesto** and the remaining **butter**.

Season to taste with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.



Ready, Steady, Bake

Once the **shallot** is softened, add the **risotto rice** to the pan. Stir and cook until the edges of the **rice** are translucent, 1-2 mins.

Stir in the **veg stock**. Bring back up to the boil, then pop a lid onto 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.



Serve

Share the **pesto risotto** between your bowls and top with the **roasted baby plum tomatoes** (discard the **juices** from the parcel).

Scatter over the **Greek style salad cheese** and drizzle over the **balsamic glaze** to finish.

Enjoy!