



# Oven-Baked Chorizo and Sweetcorn Risotto with Rocket Salad

45

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



Sweetcorn



Garlic Clove



Chicken Stock Paste



Diced Chorizo



Risotto Rice



Baby Plum Tomatoes



Grated Hard Italian Style Cheese



Wild Rocket



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, sieve, garlic press, measuring jug, ovenproof pan, ovenproof dish, lid and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Sweetcorn	150g	150g	340g
Garlic Clove**	1	2	2
Chicken Stock Paste	15g	20g	30g
Diced Chorizo**	90g	120g	180g
Risotto Rice	175g	260g	350g
Baby Plum Tomatoes	125g	190g	250g
Grated Hard Italian Style Cheese* <b>7) 8)</b>	40g	60g	80g
Wild Rocket**	40g	60g	80g
Balsamic Glaze <b>14)</b>	12ml	12ml	24ml
Pantry	2P	3P	4P
Boiled Water for the Risotto*	500ml	750ml	1000ml
Butter*	30g	40g	60g

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3357/ 802	980/ 234
Fat (g)	36.3	10.6
Sat. Fat (g)	18.1	5.3
Carbohydrate (g)	87.4	25.5
Sugars (g)	11.1	3.2
Protein (g)	28.3	8.3
Salt (g)	5.06	1.48

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

## Allergens

**7)** Milk **8)** Egg **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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## Prep Time

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

Drain the **sweetcorn** in a sieve.

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

Pour the **boiled water for the risotto** (see pantry for amount) into a measuring jug. Add the **chicken stock paste** and stir well to combine - this is your **chicken stock**.



## Roast the Tomatoes

While the **risotto** bakes, halve the **tomatoes**.

Pop the **tomatoes** onto a baking tray. Drizzle with **oil** and season with **salt** and **pepper**.

When the **risotto** has been in the oven for 10 mins, roast the **tomatoes** on the middle shelf of your oven until they're softened, 10-15 mins, then remove from the oven.



## Fry the Chorizo

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 **diced chorizo** and fry until it starts to brown, 3-4 mins.



## Combine and Stir

When the **risotto** is cooked, remove it from the oven and mix in the **butter** (see pantry for amount) and **hard Italian style cheese**.

Season to taste with **salt** and **pepper** if needed.  
**TIP:** *Add a splash of water to loosen the risotto if needed.*

Gently stir through the **roasted tomatoes**.



## Bake your Risotto

Add the **sweetcorn** to the **chorizo** and fry, stirring, for 2-3 mins.

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

Stir in the **chicken stock**. Bring back up to the boil, then pop a lid on the pan (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.



## Finish and Serve

Share the **chorizo and sweetcorn risotto** between your bowls.

Top with the **rocket** and drizzle over the **balsamic glaze** to finish.

**Enjoy!**