



# 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



Lemon



Cherry Tomatoes



Vegetable Stock Paste



Sun-Dried Tomato Paste



Risotto Rice



Grated Hard Italian Style Cheese



Goat's Cheese



Wild Rocket



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Honey, Butter

### CUSTOM RECIPE

If you chose to add or double up on 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 and ladle.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Lemon**	½	1	1
Cherry Tomatoes	125g	190g	250g
Vegetable Stock Paste <b>10</b>	20g	30g	40g
Sun-Dried Tomato Paste	25g	25g	50g
Risotto Rice	175g	260g	350g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	20g	40g	40g
Goat's Cheese** <b>7</b>	75g	120g	150g
Wild Rocket**	20g	40g	40g
Diced Chicken Breast**	260g	390g	520g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Honey*	1 tbsp	1½ tbsp	2 tbsp
Water for the Stock*	750ml	1125ml	1500ml
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	662g	100g	792g	100g
Energy (kJ/kcal)	2761/660	417/100	3409/815	431/103
Fat (g)	27.1	4.1	29.4	3.7
Sat. Fat (g)	15.7	2.4	16.3	2.1
Carbohydrate (g)	85.3	12.9	85.4	10.8
Sugars (g)	11.6	1.8	11.8	1.5
Protein (g)	18.5	2.8	50.0	6.3
Salt (g)	3.36	0.51	3.55	0.45

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

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



## Get Prepped

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

Peel and grate the **garlic** (or use a garlic press).  
Halve the **lemon** (see ingredients for amount).

Halve the **tomatoes** and pop them onto a piece of foil with a drizzle of **oil**, the **honey** (see pantry for amount) and a pinch of **salt** and **pepper**.

Fold the foil, sealing on all sides to create a **parcel**, then pop it onto a baking tray.



## 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.



## 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. Squeeze in the **lemon juice** and cook until evaporated, 1 min.

## CUSTOM RECIPE

If you're chosen to add **diced chicken** to your meal, add it to the pan with the **garlic**, then allow it to cook through 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.



## 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 the **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.



## Finishing Touches

Once the **risotto** is cooked, stir in the **roasted tomatoes** (discarding the **juices**), **hard Italian style cheese** and **butter** (see pantry for amount) until combined. Taste and season with **salt** and **pepper** if needed.

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



## Finish and Serve

Share the **tomato risotto** between your bowls and crumble over the remaining **goat's cheese**.

Top with a handful of **rocket**.

## Enjoy!