



Oven-Baked Lemon and Veggie 'Nduja Risotto with Roasted Pepper and Cheese

4

Winter Warmers 40-45 Minutes • Medium Spice • 2 of your 5 a day • Veggie



Lemon



Red Onion



Garlic Clove



Risotto Rice



Vegetable Stock Paste



Bell Pepper



Creme Fraiche



Vegan 'Nduja



Baby Spinach



Grated Hard Italian Style Cheese



Crispy Onions

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

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

Ingredients

Ingredients	2P	3P	4P
Lemon**	1	1½	2
Red Onion**	1	1½	2
Garlic Clove**	2	3	4
Risotto Rice	175g	260g	350g
Vegetable Stock Paste 10)	20g	30g	40g
Bell Pepper***	1	2	2
Crema Fraiche** 7)	75g	150g	150g
Vegan 'Nduja	½ sachet	¾ sachet	1 sachet
Baby Spinach**	40g	100g	100g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Crispy Onions 13)	1 sachet	2 sachets	2 sachets
Pantry	2P	3P	4P
Boiled Water for the Risotto*	600ml	900ml	1200ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	666g	100g
Energy (kJ/kcal)	2790 /667	419 /100
Fat (g)	24.8	3.7
Sat. Fat (g)	13.5	2.0
Carbohydrate (g)	93.6	14.1
Sugars (g)	12.9	1.9
Protein (g)	18.8	2.8
Salt (g)	3.13	0.47

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

Allergens

7) Milk **8)** Egg **10)** Celery **13)** Cereals containing gluten

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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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Do the Prep

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

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

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



Roast the Pepper

Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.

Pop the **sliced pepper** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Roast on the top shelf of your oven until soft and slightly charred, 14-16 mins.



Start your Risotto

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 **onion** and cook until softened, 4-5 mins. Season with **salt** and **pepper**.

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

Add a squeeze of **lemon juice** from a **lemon wedge** and allow to evaporate, 1-2 mins.



Finishing Touches

When ready, remove the **risotto** from the oven and stir in the **crema fraiche** and **vegan 'Nduja** (see ingredients for amount - add less if you'd prefer things milder).

Stir in the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.

Add the **roasted pepper** and **half the hard Italian style cheese**. Mix until combined. **TIP:** Add a splash of water to loosen the risotto if needed.

Taste and season with more **salt**, **pepper** and **lemon juice** if needed.



Ready, Steady, Bake

Stir in the **vegetable stock paste** and **boiled water for the risotto** (see pantry for amount) into the rice pan.

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, 25-30 mins.



Serve Up

Share the **risotto** between your bowls.

Sprinkle over the remaining **cheese** and **crispy onions**, then serve with any remaining **lemon wedges** for squeezing over.

Enjoy!