



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



Baby Plum 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
Baby Plum Tomatoes	125g	250g	250g
Vegetable Stock Paste 10	20g	30g	40g
Sun-Dried Tomato Paste	25g	25g	50g
Risotto Rice	175g	260g	350g
Grated Hard Italian Style Cheese** 7 8	20g	40g	40g
Goat's Cheese** 7	75g	120g	150g
Wild Rocket**	20g	40g	40g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Honey*	1 tbsp	1½ tbsp	2 tbsp
Boiled Water for the Stock*	750ml	1125ml	1500ml
Butter*	30g	40g	60g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	662g	100g	792g	100g
Energy (kJ/kcal)	2757/659	417/100	3404/814	430/103
Fat (g)	27.0	4.1	29.3	3.7
Sat. Fat (g)	16.4	2.5	17.1	2.2
Carbohydrate (g)	85.4	12.9	85.5	10.8
Sugars (g)	11.3	1.7	11.4	1.4
Protein (g)	18.8	2.8	50.3	6.4
Salt (g)	3.46	0.52	3.66	0.46

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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60 Worship St, London EC2A 2EZ

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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

Boil a full kettle. Pour the **boiled water for the stock** (see pantry for amount) into a large measuring jug. Stir in the **veg stock paste** - this is your **veg stock**.

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, wide-bottomed 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've 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

Pour in a **third** of the **stock** and stir to combine.

Bring to the boil and simmer until absorbed, then repeat with the remaining **stock**, a third at a time. Stir occasionally.

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!