



# Goat's Cheese and Slow Roasted Tomato Risotto

with Rocket and Balsamic Glaze

43

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



Garlic Clove



Onion



Baby Plum Tomatoes



Vegetable Stock Paste



Risotto Rice



Sun-Dried Tomato Paste



Grated Hard Italian Style Cheese



Goat's Cheese



Wild Rocket



Balsamic Glaze



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, kettle, measuring jug and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Onion**	1	2	2
Baby Plum Tomatoes	125g	250g	250g
Vegetable Stock Paste <b>10)</b>	20g	30g	40g
Risotto Rice	175g	260g	350g
Sun-Dried Tomato Paste	25g	25g	50g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	40g	40g
Goat's Cheese** <b>7)</b>	75g	120g	150g
Wild Rocket**	20g	40g	40g
Balsamic Glaze <b>14)</b>	12ml	24ml	24ml
Diced Chicken Breast**	1 pack	1 pack	1 pack
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
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	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	710g	100g	840g	100g
Energy (kJ/kcal)	2884 /689	406 /97	3531 /844	420 /100
Fat (g)	26.9	3.8	29.3	3.5
Sat. Fat (g)	16.4	2.3	17.1	2.0
Carbohydrate (g)	91.6	12.9	91.7	10.9
Sugars (g)	17.7	2.5	17.9	2.1
Protein (g)	19.3	2.7	50.8	6.0
Salt (g)	3.38	0.48	3.57	0.43

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, cereals containing 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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## 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, peel and chop the **onion** into small pieces.

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 **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.

Add the **onion** to the pan and stir-fry until softened, 4-5 mins. Stir in the **garlic** and cook for 1 min.

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

### 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 total cooking time should take 20-25 mins and your **risotto** is done when the **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), **sun-dried tomato paste**, **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. Add a splash of **water** to loosen if needed. Remove from the heat.



## Finish and Serve

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

Top with a handful of **rocket**. Drizzle over the **balsamic glaze**.

## Enjoy!