



Oven-Baked Margherita Inspired Risotto

with Roasted Baby Plum Tomatoes and Pesto Drizzle

42

Classic 40-45 Minutes • 1 of your 5 a day



Garlic Clove



Risotto Rice



Mixed Herbs



Vegetable Stock Paste



Baby Plum Tomatoes



Mozzarella



Grated Hard Italian Style Cheese



Baby Spinach



Sun-Dried Tomato Paste



Fresh Pesto



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

Kettle, garlic press, ovenproof pan, lid, aluminium foil, baking tray and kitchen paper.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Risotto Rice	175g	260g	350g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Vegetable Stock Paste 10	20g	30g	40g
Baby Plum Tomatoes	125g	190g	250g
Mozzarella** 7	1 ball	1½ balls	2 balls
Grated Hard Italian Style Cheese** 7 8	40g	60g	80g
Baby Spinach**	40g	100g	100g
Sun-Dried Tomato Paste	25g	37g	50g
Fresh Pesto** 7	32g	48g	64g
Diced Chicken Breast**	1 pack	1 pack	1 pack
Pantry	2P	3P	4P
Boiled Water for the Risotto*	600ml	900ml	1200ml
Honey*	1 tbsp	2 tbsp	2 tbsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	598g	100g	728g	100g
Energy (kJ/kcal)	3029 /724	507 /121	3676 /879	505 /121
Fat (g)	31.4	5.3	33.7	4.6
Sat. Fat (g)	16.1	2.7	16.8	2.3
Carbohydrate (g)	83.0	13.9	83.1	11.4
Sugars (g)	10.4	1.7	10.5	1.4
Protein (g)	24.2	4.1	55.7	7.7
Salt (g)	3.73	0.62	3.93	0.54

Nutrition for uncooked ingredients based on 2 person recipe.


Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

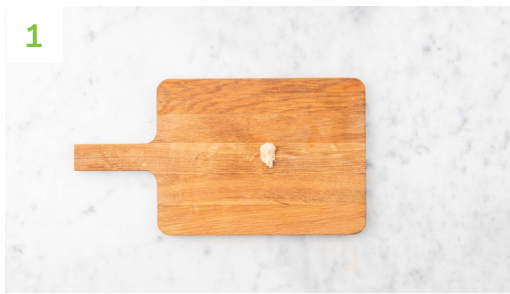
7) Milk **8**) Egg **10**) Celery

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, 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.

 You can recycle me!

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Get Started

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

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

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.*



Risotto Time

Add the **garlic** to the pan and fry for 1 min. Add the **risotto rice**, stir and cook until the edges of the **rice** are translucent, 1-2 mins.

Stir in the **boiled water for the risotto** (see pantry for amount), **mixed herbs** and **veg stock paste**. 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.

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.*

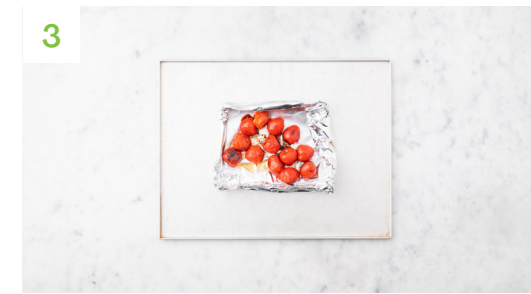


Bring on the Spinach

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

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

Change your oven setting to grill and set to the highest temperature.



Roast your Tomatoes

Meanwhile, halve the **tomatoes** and pop them onto a piece of foil with a drizzle of **oil**, then season with **salt** and **pepper**. Drizzle over the **honey** (see pantry for amount).

Fold the foil, sealing on all sides to create a **parcel**. Pop the **tomato parcel** onto a large baking tray and roast on the bottom shelf until softened, 15-20 mins.

Drain the **mozzarella** and squeeze out as much **liquid** as you can. Pat dry with kitchen paper, then tear into small pieces.



Get Grilling

Arrange the **mozzarella** on top of your **risotto**. Grill until golden and bubbling, 5-8 mins.



Finish and Serve

Share your **risotto** between your bowls, then top with your **roasted baby plum tomatoes** (discard the juices) and drizzle over the **pesto** to finish.

Enjoy!