



# Oven-Baked Lemon and Veggie 'Nduja Risotto with Sticky Honey Sprouts

41

Classic 40-45 Minutes • **Very Hot** • 3 of your 5 a day



Garlic Clove



Onion



Risotto Rice



Tomato Puree



Vegetable Stock Paste



Lemon



Brussels Sprouts



Honey



Baby Spinach



Vegan 'Nduja



Grated Hard Italian Style Cheese



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Olive Oil, Sugar, 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. Ingredients in red are hot!

## Cooking tools

Kettle, garlic press, ovenproof pan, lid, fine grater, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Onion**	1	1.5	2
Risotto Rice	175g	260g	350g
Tomato Puree	30g	45g	60g
Vegetable Stock Paste <b>10</b>	20g	30g	40g
Lemon**	1	1	1
Brussels Sprouts**	200g	300g	400g
Honey	15g	22g	30g
Baby Spinach**	40g	100g	100g
Vegan 'Nduja	½ sachet	¾ sachet	1 sachet
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	60g	80g
Diced Chicken Breast**	1 pack	1 pack	1 pack
Pantry	2P	3P	4P
Boiled Water for the Risotto*	600ml	900ml	1200ml
Olive Oil for the Dressing*	2 tbsps	3 tbsps	4 tbsps
Butter*	20g	30g	40g
Sugar for the Dressing*	½ tsp	1 tsp	1 tsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	672g	100g	802g	100g
Energy (kJ/kcal)	2989 / 714	445 / 106	3637 / 869	453 / 108
Fat (g)	27.1	4.0	29.4	3.7
Sat. Fat (g)	11.2	1.7	11.8	1.5
Carbohydrate (g)	97.1	14.5	97.2	12.1
Sugars (g)	19.9	3.0	20.1	2.5
Protein (g)	21.0	3.1	52.5	6.5
Salt (g)	3.35	0.5	3.55	0.44

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. Be careful when adding water to hot pans while cooking.

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## Get Prepped

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

While the **water** boils, peel and grate the **garlic** (or use a garlic press).

Halve, peel and chop the **onion** into small pieces.

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.*



## Sticky Honey Time

Meanwhile, in a medium bowl, mix together the **lemon zest**, **sugar** and **olive oil for the dressing** (see pantry for both amounts). Season with **salt** and **pepper**.

When the **sprouts** have finished cooking, remove from the heat and stir in the **honey**. **TIP:** *If your honey has hardened, pop it in a bowl of hot water for 1 min.*

Transfer them to the bowl with the **dressing** and set aside for later.



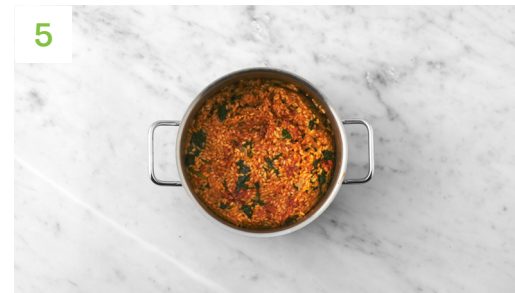
## Risotto Time

Once the **oil** is hot, add the **onion** to the pan and stir-fry until softened, 4-5 mins. Add the **risotto rice**, **garlic** and **tomato puree**. 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) and **veg stock paste**. Bring back up to the boil, then pop a lid on the pan (or cover with foil) and bake on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 25-30 mins.

## CUSTOM RECIPE

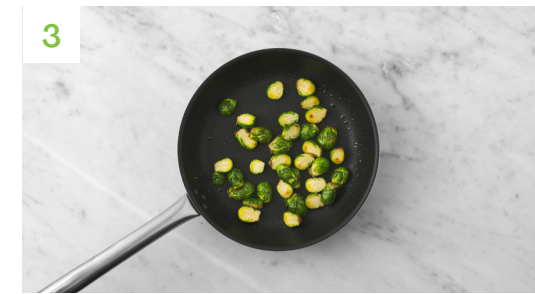
If you're adding **chicken**, add it to the pan with the **garlic**. The **chicken** will cook through in the **risotto**. **IMPORTANT:** *Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.*



## Finishing Touches

When the **risotto** is cooked, remove it from the oven and stir the **spinach** into the pan a handful at a time until wilted and piping hot, 1-2 mins.

Next, stir through the **vegan 'Nduja** (see ingredients for amount), **hard Italian style cheese**, a squeeze of **lemon juice** and the **butter** (see pantry for amount). Taste and season with **salt**, **pepper** or more **lemon juice** if needed. **TIP:** *Add a splash of water to loosen the risotto if needed.*



## Steam-Fry the Sprouts

While the **risotto** bakes, zest and cut the **lemon** into wedges. Trim the **Brussels sprouts** and halve through the root.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **sprouts** to the pan and season with **salt** and **pepper**. Stir-fry until starting to brown, 3-4 mins.

Once browned, add a splash of **water** to the **sprouts** and immediately cover with a lid or some foil. Allow to cook until the **sprouts** are tender, 4-5 mins.



## Serve Up

Share your **veggie 'Nduja risotto** between your serving plates.

Top with your **sticky sprouts**.

Serve the **lemon wedges** on the side.

## Enjoy!