



Oven-Baked Chorizo and Tomato Risotto

with Hard Italian Cheese, Rocket and Balsamic Drizzle

9

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



Onion



Diced Chorizo



Garlic Clove



Baby Plum Tomatoes



Risotto Rice



Chicken Stock Paste



Sun-Dried Tomato Paste



Grated Hard Italian Style Cheese



Wild Rocket



Balsamic Glaze



Diced Chicken Breast

Pantry Items

Oil, Salt, Pepper, 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, ovenproof pan, garlic press, aluminium foil, lid and baking tray.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	2	2
Diced Chorizo**	90g	120g	180g
Garlic Clove**	3	4	6
Baby Plum Tomatoes	125g	190g	250g
Risotto Rice	175g	260g	350g
Chicken Stock Paste	15g	20g	30g
Sun-Dried Tomato Paste	25g	37g	50g
Grated Hard Italian Style Cheese** (7) 8)	40g	60g	80g
Wild Rocket**	20g	40g	40g
Balsamic Glaze (14)	12ml	18ml	24ml
Diced Chicken Breast**	240g	390g	520g
Pantry	2P	3P	4P
Boiled Water for the Risotto*	600ml	900ml	1200ml
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	640g	100g	770g	100g
Energy (kJ/kcal)	3157 /755	493 /118	3805 /909	494 /118
Fat (g)	32.7	5.1	35.0	4.5
Sat. Fat (g)	15.4	2.4	16.0	2.1
Carbohydrate (g)	85.5	13.4	85.6	11.1
Sugars (g)	11.2	1.8	11.4	1.5
Protein (g)	27.5	4.3	59.0	7.7
Salt (g)	5.0	0.78	5.20	0.68

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

Allergens

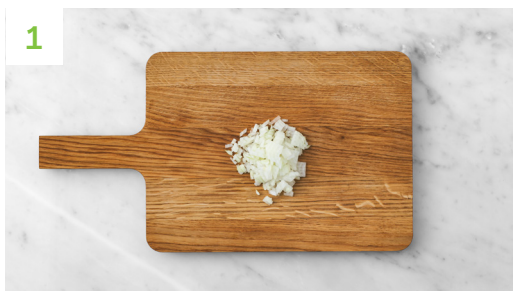
7) Milk 8) Egg 14) Sulphites

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

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Start to Prep

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

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

Heat a drizzle of **oil** in a large, wide-bottomed ovenproof pan on medium-high heat. **TIP:** *If you don't have an ovenproof pan, use a normal pan and transfer to an ovenproof dish before baking.*



Roast the Tomatoes

Pop the **tomato parcel** onto a small baking tray.

Roast on the bottom shelf of your oven until softened, 15-20 mins.



Fry and Prep the Parcel

Once hot, add the **onion** and **diced chorizo** to the pan and stir-fry until the **onion** has softened and the **chorizo** has started to brown, 4-5 mins.

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Pop the **tomatoes** onto a piece of foil with a drizzle of **oil**. Stir through **half** the **garlic**. Season with **salt** and **pepper**.

Fold the foil, sealing on all sides to create a **parcel**. Set aside for now.

CUSTOM RECIPE

If you're adding **chicken**, add it to the pan with the **onion** and **chorizo**. Fry for the same amount of time, 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.*



Add the Flavour

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

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



Bake the Risotto

Meanwhile, add the **risotto rice** and remaining **garlic** to the ovenproof pan, stir and cook until the edges of the **rice** are translucent, 1-2 mins.

Pour the **boiled water for the risotto** (see pantry for amount) and **chicken stock paste** into the **risotto rice**. Stir to combine.

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

Share the **oven-baked risotto** between your serving bowls.

Spoon over the **roasted tomatoes** along with their **juices**. Top with the **rocket leaves**.

Drizzle over the **balsamic glaze** to finish.

Enjoy!