



# Super Cheesy Oven-Baked Tomato Risotto with Baby Leaf Salad

Knorr 40-45 Minutes • 2 of your 5 a day

4



-  Echalion Shallot
-  Garlic Clove
-  Tomato Puree
-  Mixed Herbs
-  Risotto Rice
-  KNORR Vegetable Stock
-  Baby Plum Tomatoes
-  Mature Cheddar Cheese
-  Lemon
-  Sun-Dried Tomato Paste
-  Grated Hard Italian Style Cheese
-  Baby Leaf Mix
-  Diced Chicken Breast

**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!

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**Pantry Items**  
Oil, Salt, Pepper, Sugar, Olive Oil

## 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, grater and bowl.

## Ingredients

Ingredients	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
Tomato Puree	30g	45g	60g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Risotto Rice	175g	260g	350g
KNORR Vegetable Stock <b>10</b>	1 pot	1½ pots	2 pots
Baby Plum Tomatoes	125g	190g	250g
Mature Cheddar Cheese** <b>7</b>	60g	90g	120g
Lemon**	½	¾	1
Sun-Dried Tomato Paste	25g	50g	50g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	40g	60g	80g
Baby Leaf Mix**	50g	75g	100g
Diced Chicken Breast**	240g	390g	520g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Boiled Water for the Risotto*	600ml	900ml	1200ml
Sugar for the Dressing*	1 tsp	1½ tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp

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

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>625g</b>	<b>100g</b>	<b>756g</b>	<b>100g</b>
Energy (kJ/kcal)	2641 / 631	422 / 101	3288 / 786	435 / 104
Fat (g)	22.3	3.6	24.7	3.3
Sat. Fat (g)	11.2	1.8	11.9	1.6
Carbohydrate (g)	84.7	13.5	84.8	11.2
Sugars (g)	11.1	1.8	11.2	1.5
Protein (g)	23.4	3.7	54.8	7.3
Salt (g)	1.70	0.27	1.89	0.25

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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

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## Get Prepped

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

Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press).



## Build the Flavour

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.

Once hot, fry the **shallot** until softened, 3-4 mins. Stir in the **garlic**, **tomato puree** and **mixed herbs** and cook for 1 min more. Add the **risotto rice**, then stir and cook until the edges of the **rice** are translucent, 1-2 mins.

## CUSTOM RECIPE

If you're adding **chicken**, add it to the pan with the **shallot**. Continue as instructed, 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.



## Make the Dressing

While the **risotto** bakes, halve the **lemon** (see ingredients for the amount) and squeeze the **lemon juice** into a large bowl.

Add the **sugar** and **olive oil for the dressing** (see pantry for both amounts) to the bowl and mix together. Set aside.



## Finishing Touches

When the **risotto** is cooked, remove it from the oven and mix in the **sun-dried tomato paste**, a squeeze of **lemon**, **hard Italian style cheese** and a knob of **butter** (if you have any).

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



## Bake your Risotto

Pour in the **boiled water for the risotto** (see pantry for amount) and **Knorr veg stock**. Stir in the **baby plum tomatoes** and bring back to the boil.

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 **stock** has been absorbed, 25-30 mins.

Meanwhile, grate the **Cheddar cheese**.



## Serve

Add the **baby leaves** to the bowl of **dressing** and toss to coat.

Share the **risotto** between your plates or bowls and serve with the **salad** alongside. Sprinkle over the **grated Cheddar** to finish.

Enjoy!