



Roasted Asparagus and Balsamic Tomato Risotto with Italian Style Cheese

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

43



Vegetable Stock Paste



Mixed Herbs



Echalion Shallot



Garlic Clove



Baby Plum Tomatoes



Balsamic Glaze



Risotto Rice



Asparagus



Lemon



Sun-Dried Tomato Paste



Grated Hard Italian Style Cheese



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, measuring jug, garlic press, saucepan, aluminium foil and baking tray.

Ingredients

Ingredients	2P	3P	4P
Vegetable Stock Paste 10	15g	20g	30g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Echalion Shallot**	1	2	2
Garlic Clove**	2	3	4
Baby Plum Tomatoes	125g	190g	250g
Balsamic Glaze 14	12ml	24ml	24ml
Risotto Rice	175g	260g	350g
Asparagus**	100g	150g	200g
Lemon**	1	1	1
Sun-Dried Tomato Paste	50g	75g	100g
Grated Hard Italian Style Cheese** 7 8	40g	60g	80g
Diced Chicken Breast**	240g	390g	520g

Pantry	2P	3P	4P
Boiled Water for the Stock*	800ml	1200ml	1600ml
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	768g	100g	898g	100g
Energy (kJ/kcal)	2497 /597	325 /78	3144 /751	350 /84
Fat (g)	18.5	2.4	20.8	2.3
Sat. Fat (g)	9.5	1.2	10.2	1.1
Carbohydrate (g)	90.8	11.8	91.0	10.1
Sugars (g)	13.1	1.7	13.2	1.5
Protein (g)	17.9	2.3	49.4	5.5
Salt (g)	3.55	0.46	3.75	0.42

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. 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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Make the Stock

Preheat your oven to 220°C/200°C fan/gas mark 7. 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** and **mixed herbs** - this is your **stock**.

Meanwhile, halve, peel and chop the **shallot** into small pieces.

Peel and grate the **garlic** (or use a garlic press). Halve the **tomatoes**.



Roast the Veg

Meanwhile, pop the **tomato parcel** onto a baking tray. Roast on the bottom shelf until softened, 15-20 mins.

Trim the bottom 2cm from the **asparagus** and discard. Halve the **asparagus** widthways.

When the **risotto** has about 10 mins cooking time left, pop the **asparagus** onto another large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Roast on the middle shelf of your oven until tender, 10-12 mins.



Prep the Veg

Heat a drizzle of **oil** in a large, wide-bottomed pan on medium heat. Once hot, add the **shallot** and cook until softened, 3-4 mins. Stir in the **garlic** and cook for 30 secs more.

While the **shallot** fries, pop the **tomatoes** onto a piece of foil. Drizzle with **oil** and the **balsamic glaze**, then season with **salt** and **pepper**. Fold the foil, sealing on all sides to create a parcel.

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.



Final Touches

While everything cooks, cut the **lemon** into wedges.

When the **risotto** is cooked, remove from the heat. Stir through the **sun-dried tomato paste**, **hard Italian style cheese**, a good squeeze of **lemon juice** and **butter** (see pantry for amount) until combined. Taste and season with **salt** and **pepper** if needed.

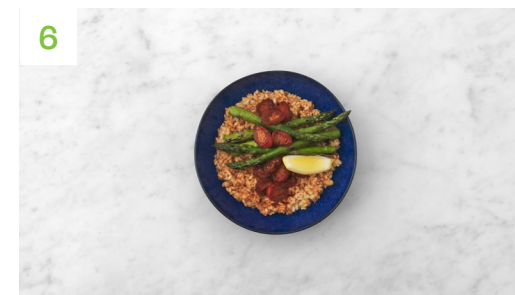


Start the Risotto

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

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.



Finish and Serve

When everything's ready, share the **risotto** between your bowls.

Top with the **roasted asparagus** and **tomatoes**. Serve with any remaining **lemon wedges** for squeezing over.

Enjoy!