



# Oven-Baked Pesto Risotto with Roasted Tomatoes and Cheese

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

20



Baby Plum Tomatoes



Echalion Shallot



Garlic Clove



Risotto Rice



Vegetable Stock Paste



Dried Basil



Greek Style Salad Cheese



Grated Hard Italian Style Cheese



Fresh Pesto



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, aluminium foil, baking tray, garlic press, ovenproof pan, ovenproof dish and lid.

## Ingredients

Ingredients	2P	3P	4P
Baby Plum Tomatoes	125g	190g	250g
Echalion Shallot**	1	1	2
Garlic Clove**	2	3	4
Risotto Rice	175g	260g	350g
Vegetable Stock Paste <b>10</b>	20g	30g	40g
Dried Basil	1 sachet	1½ sachets	2 sachets
Greek Style Salad Cheese** <b>7</b>	50g	75g	100g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	40g	60g	80g
Fresh Pesto** <b>7</b>	32g	64g	64g
Balsamic Glaze <b>14</b>	12ml	18ml	24ml
Diced Chicken Breast**	240g	390g	520g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Butter*	30g	40g	60g
Boiled Water for the Risotto*	600ml	900ml	1200ml

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

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	583g	100g	713g	100g
Energy (kJ/kcal)	2888 / 690	495 / 118	3535 / 845	496 / 118
Fat (g)	31.0	5.3	33.3	4.7
Sat. Fat (g)	16.6	2.8	17.2	2.4
Carbohydrate (g)	82.0	14.1	82.1	11.5
Sugars (g)	9.7	1.7	9.8	1.4
Protein (g)	19.1	3.3	50.5	7.1
Salt (g)	3.65	0.62	3.84	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 **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, mollusc, 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.

 You can recycle me!

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ



## Roast the Tomatoes

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

Pop the **tomatoes** onto a piece of foil with **half** the **butter** (see pantry for amount), then season with **salt** and **pepper**. Fold the foil, sealing on all sides to create a **parcel**. Pop onto a large baking tray.

When the oven is hot, roast the **tomato parcel** on the bottom shelf until softened, 20-25 mins.



## Prep the Cheese

While the **risotto** cooks, crumble the **Greek style salad cheese**.



## Start your Risotto

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

Heat a drizzle of **oil** in a large 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.*

Once hot, add the **shallot** and cook until softened, 3-4 mins. Add the **garlic** and cook for 1 min more.

### CUSTOM RECIPE

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



## Hey Pesto

When the **risotto** is cooked, remove it from the oven and mix in the **hard Italian style cheese**, **pesto** and the remaining **butter**.

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



## Ready, Steady, Bake

Add the **risotto rice** to the pan. 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), **veg stock paste** and **dried basil**.

Bring back up to the boil, then pop a lid onto 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 **pesto risotto** between your bowls and top with the **roasted baby plum tomatoes** (discard the juices from the parcel).

Scatter over the **Greek style salad cheese** and drizzle over the **balsamic glaze** to finish.

Enjoy!