













Oven-Baked Cheesy Gochujang Beef Risotto

with Peas and Chives

9

Classic 30-35 Minutes • Mild Spice • 1 of your 5 a day



-  British Beef Mince
-  Garlic Clove
-  Chives
-  Risotto Rice
-  Tomato Puree
-  Chicken Stock Paste
-  Gochujang Paste
-  Peas
-  Honey
-  Grated Hard Italian Style Cheese

Recipe Update
Due to challenges with our supplier, you'll receive **peas** instead of **baby spinach**. As such, the recipe photos are slightly different to what your dish will look like. Don't worry, we've updated the instructions so it'll still be just as delicious!

Pantry Items
Oil, Salt, Pepper, Butter

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, ovenproof pan, garlic press and lid.

Ingredients

Ingredients	2P	3P	4P
British Beef Mince**	240g	360g	480g
Garlic Clove**	2	3	4
Chives**	1 bunch	1 bunch	1 bunch
Risotto Rice	175g	260g	350g
Tomato Puree	30g	45g	60g
Chicken Stock Paste	20g	30g	40g
Gochujang Paste 11)	50g	80g	100g
Peas**	120g	240g	240g
Honey	15g	22g	30g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
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
for uncooked ingredient	663g	100g
Energy (kJ/kcal)	3637 / 869	549 / 131
Fat (g)	35.3	5.3
Sat. Fat (g)	17.7	2.7
Carbohydrate (g)	93.2	14.1
Sugars (g)	17.9	2.7
Protein (g)	46.0	6.9
Salt (g)	4.45	0.67

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

Allergens

7) Milk 8) Egg 11) Soya

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.

Contact

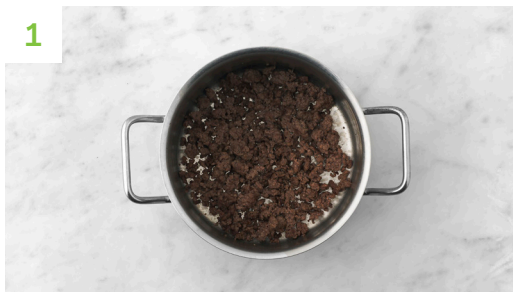
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Get Frying

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

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.*

Once hot, add the **beef mince** and fry until browned, 4-5 mins. Use a spoon to break it up as it cooks.

IMPORTANT: *Wash your hands and equipment after handling raw mince.*



Add the Peas

When the **risotto** is cooked, remove it from the oven and stir in the **peas** until piping hot, 1 min.



Garlic Time

Meanwhile, peel and grate the **garlic** (or use a garlic press). Roughly chop the **chives** (use scissors if easier).

When the **mince** has browned, drain and discard any excess fat. Season with **salt** and **pepper**.

IMPORTANT: *The mince is cooked when no longer pink in the middle.*



Finishing Touches

Stir the **butter** (see pantry for amount), **honey** and **hard Italian style cheese** through the **risotto**. **TIP:** *If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.*

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

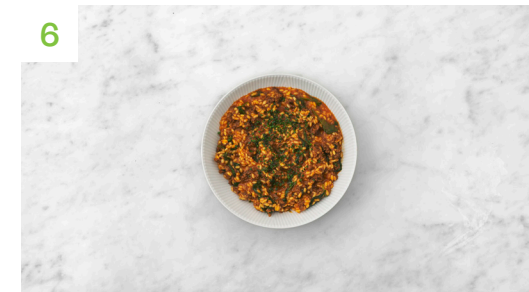


Bake your Risotto

Add the **risotto rice**, **tomato puree** and **garlic** to the **beef**. 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), **chicken stock paste** and **gochujang**. 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 Up

Share your **gochujang risotto** between your serving bowls.

Sprinkle over the **chives** to finish.

Enjoy!