



Oven-Baked Blue Cheese and Broccoli Risotto

with Walnuts and Balsamic Glaze

42

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



Onion



Garlic Clove



Risotto Rice



Dried Rosemary



Vegetable Stock Paste



Walnuts



Tenderstem® Broccoli



Grated Hard Italian Style Cheese



Baby Spinach



Crumbled Blue Cheese



Balsamic Glaze



British Smoked Bacon Lardons

Pantry Items

Oil, Salt, Pepper, Butter

+ Add Bacon Lardons

If you chose to add bacon lardons, 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, garlic press, ovenproof pan and lid.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	3	5	6
Risotto Rice	175g	260g	350g
Dried Rosemary	2 sachets	3 sachets	4 sachets
Vegetable Stock Paste 10)	20g	30g	40g
Walnuts 2)	20g	30g	40g
Tenderstem® Broccoli**	80g	150g	150g
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Baby Spinach**	40g	100g	100g
Crumbled Blue Cheese** 7)	30g	45g	60g
Balsamic Glaze 14)	12ml	18ml	24ml
British Smoked Bacon Lardons**	90g	120g	180g

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	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	598g	100g	643g	100g
Energy (kJ/kcal)	2780 /665	465 /111	3268 /781	508 /121
Fat (g)	26.2	4.4	35.4	5.5
Sat. Fat (g)	12.5	2.1	15.3	2.4
Carbohydrate (g)	83.8	14.0	84.7	13.2
Sugars (g)	9.6	1.6	9.7	1.5
Protein (g)	21.9	3.7	29.6	4.6
Salt (g)	3.20	0.54	4.43	0.69

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

Allergens

2) Nuts **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.

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Get Prepping

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.

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



Fry the Flavours

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 **onion** and stir-fry until softened, 4-5 mins. Add the **garlic** and **risotto rice**, then stir and cook until the edges of the **rice** are translucent, 1-2 mins.

+ Add Bacon Lardons

If you're adding **bacon**, add it to the pan with the **onion**. Fry for the same amount of time, then continue as instructed. **IMPORTANT:** *Wash hands and utensils after handling raw meat. Cook it thoroughly.*



Bake your Risotto

Stir in the **boiled water for the risotto** (see pantry for amount), **dried rosemary** and **veg stock paste**. 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.



Fry the Broccoli

Meanwhile, roughly chop the **walnuts**. Halve any thick **broccoli stems** lengthways.

When the **risotto** has 10 mins remaining, heat a drizzle of **oil** in a medium frying pan on medium-high heat.

Once hot, add the **Tenderstem®** and stir-fry for 2-3 mins. Add a splash of **water**, then cover with a lid (or foil) and allow to cook until tender, 2-3 mins more.

Remove the lid, add the **garlic** and cook for 1 min. Season with **salt** and **pepper**. Remove from the heat.



Finishing Touches

When the **risotto** is cooked, remove it from the oven and stir through the **hard Italian style cheese** and **butter** (see pantry for amount). Taste and season with **salt** and **pepper** if needed. **TIP:** *Add a splash of water to loosen the risotto if needed.*

Stir the **spinach** into your **risotto** a handful at a time and allow to wilt until it's piping hot.



Garnish and Serve

Share the **risotto** between your bowls and top with the **broccoli**.

Scatter over the **blue cheese** and **walnuts**. Drizzle with the **balsamic glaze** to finish.

Enjoy!