



Oven-Baked Chorizo Risotto

with Peas and Italian Style Cheese

Classic 40-45 Minutes • 1 of your 5 a day

50



Garlic Clove



Onion



Diced Chorizo



Risotto Rice



Chicken Stock Paste



Peas



Grated Hard Italian Style Cheese

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.

Cooking tools

Kettle, garlic press, ovenproof pan and lid.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Onion	1	1½	2
Diced Chorizo**	90g	150g	180g
Risotto Rice	175g	260g	350g
Chicken Stock Paste	20g	30g	40g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** (7) 8)	40g	60g	80g

Pantry	2P	3P	4P
Boiled Water for the Risotto*	600ml	900ml	1200ml
Butter*	10g	15g	20g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	603g	100g
Energy (kJ/kcal)	2964 / 708	492 / 118
Fat (g)	27.5	4.6
Sat. Fat (g)	12.7	2.1
Carbohydrate (g)	84.5	14.0
Sugars (g)	8.6	1.4
Protein (g)	29.8	4.9
Salt (g)	5.03	0.83

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

Allergens

7) Milk 8) Egg

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 Started

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

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

Halve, peel and chop the **onion** into small pieces.



Time to Bake

Bake your **risotto** on the middle shelf of your oven until the **rice** is cooked and the **water** has been absorbed, 25-30 mins.



Fry the Chorizo

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 saucepan and transfer to an ovenproof dish later.*

Once hot, add the **diced chorizo** and **onion**. Fry until the **onion** starts to soften, 5-6 mins.

Add the **garlic** and fry for 1 min more.



Cheese and Peas Please

When the **risotto** has finished cooking, remove it from the oven.

Stir through the **butter** (see pantry for amount), **peas** and **half** the **hard Italian style cheese**. **TIP:** *Add a splash of water to loosen the risotto if needed.*



Risotto Time

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) and **chicken stock paste**.

Bring back up to the boil, then pop a lid on the pan (or cover with foil).



Serve Up

Share the **chorizo** and **pea risotto** between your serving bowls.

Sprinkle over the remaining **hard Italian style cheese** to finish.

Enjoy!