



# Oven-Baked Margherita Inspired Risotto

with Roasted Baby Plum Tomatoes and Pesto Drizzle

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

41



Onion



Garlic Clove



Risotto Rice



Mixed Herbs



Vegetable Stock Paste



Baby Plum Tomatoes



Mozzarella



Grated Hard Italian Style Cheese



Pesto



Baby Spinach



Sun-Dried Tomato Paste



Diced British Chicken Breast

#### Pantry Items

Oil, Salt, Pepper, Honey, Butter

#### + Add Chicken Breast

If you chose to add diced chicken breast, 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, lid, aluminium foil and kitchen paper.

## Ingredients

Ingredients	2P	3P	4P
Onion	1	1	2
Garlic Clove**	2	3	4
Risotto Rice	175g	260g	350g
Mixed Herbs	1 sachet	2 sachets	2 sachets
Vegetable Stock Paste	20g	30g	40g
Baby Plum Tomatoes	125g	190g	250g
Mozzarella** 7)	1 ball	1½ balls	2 balls
Grated Hard Italian Style Cheese** 7) 8)	40g	60g	80g
Pesto** 7)	32g	48g	64g
Baby Spinach**	40g	100g	100g
Sun-Dried Tomato Paste	25g	37g	50g
Diced British Chicken Breast**	240g	390g	480g

Pantry	2P	3P	4P
Boiled Water for the Risotto*	650ml	975ml	1300ml
Honey*	1 tbsp	2 tbsp	2 tbsp
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	697g	100g	827g	100g
Energy (kJ/kcal)	3142 / 751	451 / 108	3789 / 906	458 / 110
Fat (g)	31.2	4.5	33.5	4.1
Sat. Fat (g)	16.2	2.3	16.8	2.0
Carbohydrate (g)	89.6	12.9	89.7	10.9
Sugars (g)	14.7	2.1	14.8	1.8
Protein (g)	26.2	3.8	57.6	7.0
Salt (g)	4.07	0.58	4.26	0.52


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

## Allergens

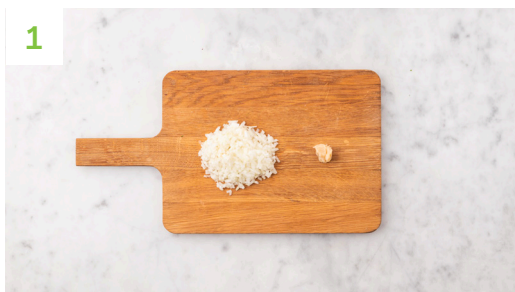
7) Milk 8) Egg

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.

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## Get Started

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

Meanwhile, halve, peel and chop the **onion** into small pieces. Peel and grate the **garlic** (or use a garlic press).

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.*

Add the **onion** to the pan and stir-fry until softened, 4-5 mins.

### + Add Chicken Breast

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



## Bring on the Spinach

When the **risotto**'s ready, remove it from the oven and stir in the **butter** (see pantry for amount), **hard Italian style cheese**, **pesto**, **spinach** and **sun-dried tomato paste**.

Season to taste with **salt** and **pepper** if needed.



## Risotto Time

Once the **onion** has softened, add the **garlic** and cook for 1 min.

Add the **risotto rice**, 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), **mixed herbs** and **veg stock paste**. Bring back up to the boil, then pop a lid on the pan (or cover with foil).

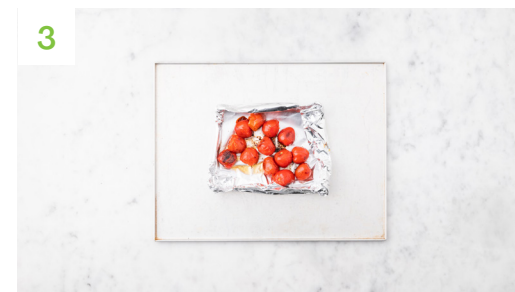
Bake on the middle shelf of your oven until the **rice** is cooked and the **water** has almost been absorbed, 20-25 mins.



## Melt the Mozzarella

Arrange the **mozzarella** on top of your **risotto**.

Return to the oven, uncovered, and bake until melted, 5-8 mins.

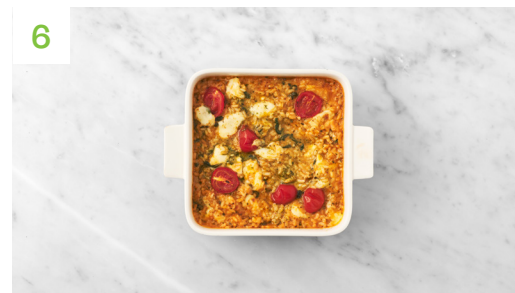


## Roast your Tomatoes

Meanwhile, halve the **tomatoes** and pop them onto a piece of foil with a drizzle of **oil**, then season. Drizzle over the **honey** (see pantry for amount).

Fold the foil, sealing on all sides to create a **parcel**. Pop the **tomato parcel** on the bottom shelf of your oven until softened, 15-20 mins.

While everything bakes, drain the **mozzarella** and squeeze out as much liquid as you can. Pat dry with kitchen paper, then tear into small pieces.



## Finish and Serve

Share the **risotto** between your bowls.

Top with the **roasted baby plum tomatoes** (discarding the juices) to finish.

Enjoy!