



# Oven-Baked Spiced Basa on Harissa Risotto with Charred Courgette and Cheese

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

47



Onion



Courgette



Garlic Clove



Risotto Rice



Cider Vinegar



Vegetable Stock Paste



Basa Fillets



Roasted Spice and Herb Blend



Harissa Paste



Grated Hard Italian Style Cheese

### Pantry Items

Oil, Salt, Pepper, Sugar, 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, lid, kitchen paper, baking tray, baking paper and frying pan.

## Ingredients

Ingredients	2P	3P	4P
Onion	1	1	2
Courgette**	1	2	2
Garlic Clove**	2	3	4
Risotto Rice	175g	260g	350g
Cider Vinegar <b>14)</b>	15ml	22ml	30ml
Vegetable Stock Paste	20g	30g	40g
Basa Fillets** <b>4)</b>	2	3	4
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Harissa Paste <b>14)</b>	50g	75g	100g
Grated Hard Italian Style Cheese** <b>7) 8)</b>	20g	40g	40g

Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
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	759g	100g
Energy (kJ/kcal)	3281 / 784	433 / 103
Fat (g)	23.2	3.1
Sat. Fat (g)	8.7	1.1
Carbohydrate (g)	86.2	11.4
Sugars (g)	11.6	1.5
Protein (g)	36.0	4.7
Salt (g)	3.72	0.49

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**4)** Fish **7)** Milk **8)** Egg **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.

## Contact

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## 1 Caramelize the Onion

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

Halve, peel and thinly slice the **onion**.

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** to the pan and stir-fry until softened, 8-10 mins.



## 2 Finish your Prep

Meanwhile, trim the **courgette**, then quarter lengthways. Chop into 2cm chunks.

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

Once the **onion** has caramelised, add the **garlic** and **sugar** (see pantry for amount). Cook for 1 min more, until the **onion** is caramelised.



## 3 Bake the Risotto

Add the **risotto rice** to the **onions**. Stir and cook until the edges of the **rice** are translucent, 1-2 mins, then stir in the **cider vinegar** and allow to evaporate, 1 min.

Stir in the **boiled water for the risotto** (see pantry for amount) and **vegetable stock paste**. Bring back up to the boil, then pop a lid on the pan (or cover with foil).

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



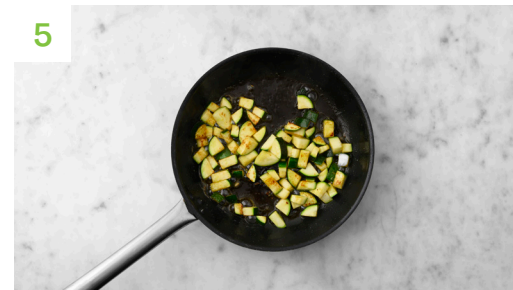
## 4 Cook the Basa

When the **risotto** has been in the oven for about 10 mins, pat the **basa** dry with kitchen paper and lay it onto a lined baking tray.

Sprinkle over the **roasted spice and herb blend**.

Season with **salt** and **pepper**, drizzle over a little **oil**, then rub it into the **fish**.

Bake the **fish** on the top shelf of your oven until cooked, 10-12 mins. **IMPORTANT:** *Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.*



## 5 Get Charring

Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.

When hot, add the **courgette** and cook until charred, 6-8 mins total. Turn only every couple of mins.

Once cooked, season with **salt** and **pepper**, then remove from the heat and set aside.



## 6 Finish and Serve

When the **risotto** is ready, remove it from the oven and stir through the **harissa paste**, **hard Italian style cheese**, **charred courgette** and **butter** (see pantry for amount).

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

Share the **risotto** between your serving bowls and lay the **spiced basa** on top to finish.

## Enjoy!